

CACFP One Month Menu

Sponsor Name/Site Name Head Start of Yamhill County- all sites

Month and Year May 2024

Meal Patterns	Monday 05/06/2024	Tuesday 05/07/2024	Wednesday 05/08/2024	Thursday 05/09/2024
Breakfast <ul style="list-style-type: none"> • Grains, or Meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods (Bonus) 	GM Cheerios Strawberries Milk/Soy/Lactaid*	WW Bagels Peaches Milk/Soy/Lactaid* Cream Cheese	GM Rice Chex Bananas Milk/Soy/Lactaid*	Yami Vanilla Yogurt WG Granola Pears Milk/Soy/Lactaid*
Lunch <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits/Veg • Grains Other Foods (Bonus)	Turkey & Cheese Sandwich on WW Bread Snap Peas Orange Slices Milk/Soy/Lactaid*	Chicken Quesadilla on Don Pancho WW Tortilla Green Salad w/ Ranch Sliced Apples Milk/Soy/Lactaid*	Sloppy Jo on WW bun Steamed mixed Vegetables Tropical fruit Milk/Soy/Lactaid*	Bean & Cheese Burrito Don Poncho WW Tortilla Steamed Broccoli Honeydew Melon Milk/Soy/Lactaid*
PM Snack- 6 hour class (Select two of these five components) <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits Grains	String Cheese Graham Crackers Water	Mandarin Oranges Pretzels Water	String Cheese WW Goldfish Crackers Water	Whole Grain Animal Crackers Apples Water
PM Breakfast/Snack 4 hour class & PM toddler class <ul style="list-style-type: none"> • Grains, or Meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk Other Foods (Bonus)	GM Cheerios Strawberries Milk/Soy/Lactaid*	WW Bagels Peaches Milk/Soy/Lactaid* Cream Cheese	GM Rice Chex Bananas Milk/Soy/Lactaid*	Yami Vanilla Yogurt WG Granola Pears Milk/Soy/Lactaid*

*Milk served is unflavored low-fat 1% milk. Soy Milk served as Milk Substitute Preference

Center: Sheridan MEC Praise EHS McMinnville Lafayette Newberg Northside