

# CACFP One Week Menu

Sponsor Name/Site Name

Head Start of Yamhill County- all sites

Month and Year July 2024

Meal Patterns	Monday 7/15/24	Tuesday 7/16/24	Wednesday 7/17/24	Thursday 7/18/24
<b>Breakfast</b> <ul style="list-style-type: none"> <li>• Grains, or Meat/meat alternate (no more than 3 times per week)</li> <li>• Vegetables or Fruits</li> <li>• Fluid Milk</li> <li>• Other Foods (Bonus)</li> </ul>	GM Kix Pears Milk/Soy/Lactaid*	WW Toast Applesauce Milk/Soy/Lactaid* Cream Cheese	GM Rice Chex Bananas Milk/Soy/Lactaid*	Yami Vanilla Yogurt WG Granola Blueberries Milk/Soy/Lactaid*
<b>Lunch</b> <ul style="list-style-type: none"> <li>• Fluid Milk</li> <li>• Meat or meat alternate</li> <li>• Vegetables</li> <li>• Fruits/Veg</li> <li>• Grains</li> </ul> Other Foods (Bonus)	Build your own Turkey & Cheese Sandwich on WW Bread Mixed Vegetables Apple Slices Milk/Soy/Lactaid*	WW Spaghetti w/ Lentils Green Salad w/ Ranch Sliced Oranges Milk/Soy/Lactaid*	Chicken tenders WW Roll Carrots and Cucumbers Fresh Strawberries Milk/Soy/Lactaid*	Bean & Cheese Burrito Don Poncho WW Tortilla Steamed Corn Cantaloupe Milk/Soy/Lactaid*
<b>PM Snack- 6 hour class</b> (Select two of these five components) <ul style="list-style-type: none"> <li>• Fluid Milk</li> <li>• Meat or meat alternate</li> <li>• Vegetables</li> <li>• Fruits</li> <li>• Grains</li> </ul>	Wheat Thins Crackers Cucumbers w/ Ranch Water	Broccoli w/ Ranch WW Goldfish Crackers Water	Mandarin Oranges Graham Crackers Water	Whole Grain Animal Crackers Apples Water

Milk served is unflavored low-fat 1% milk.

Center: Sheridan MEC Praise EHS McMinnville Lafayette Newberg

Children 12-23 months of age must be served whole milk. Unflavored non-fat or 1% milk must be served to participants ages 2-5. Unflavored or flavored non-fat or 1% milk must be served to participants ages 6 and older. Record WGR next to whole grain-rich items. Include the name of breakfast cereals and the flavors of yogurts served.

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Sponsor Name/Site Name

Head Start of Yamhill County- Todos Sitios

Month and Year

Julio 2024

Patrón de Comidas	Lunes 7/15/24	Martes 7/16/24	Miércoles 7/17/24	Jueves 7/18/24
<b>Desayuno</b> · Granos o carne/sustituto de carne (no más de 3 veces por semana) · Verduras o frutas · Leche líquida Otros alimentos (adicionales)	GM Kix Peras Leche/Soya/Lactaid*	Pan Integral Tostado Puré de Manzana Queso Crema Leche/Soya/Lactaid*	GM Chex de Arroz Plátanos Leche/Soya/Lactaid*	Yogur Yami de Vainilla Granola Integral Arrandanos Azules Leche/Soya/Lactaid
<b>Comida</b> · Leche líquida · Carne o sustituto de carne · Verduras · frutas/verduras · Granos Otros alimentos (adicionales)	Sándwich DIY con Pavo y Queso en Pan Integral Vegetales Mixtos Rebanadas de Manzana Leche/Soya/Lactaid*	Spaghetti con Lentejas Ensalada Verde con Ranch Rebanadas de Naranja Leche/Soya/Lactaid *	Pedacitos de Pollo Pan quesito Integral Zanahorias y pepino Fresa Leche/Soya/Lactaid*	Burrito de Frijoles y Queso en Don Poncho Tortilla Integral Elote al Vapor Melón Leche/Soya/Lactaid*
<b>Colación- clase de 6 horas</b> (elegir 2 de estos 5) · Leche líquida · Carne o sustituto de carne · Verduras · Frutas Granos	Galletas Finas de Trigo Pepino con Ranch Agua	Broccoli con Ranch Galletas de trigo de Pez Agua	Mandarinas Graham Galletas Agua	Galletas de Trigo de Animalito Manzanas Agua

\*La leche servida es leche al 1% baja en grasa y sin sabor.

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