

CACFP One Week Menu

Sponsor Name/Site Name

Head Start of Yamhill County- all sites

Month and Year July 2024

Meal Patterns	Monday 7/22/24	Tuesday 7/23/24	Wednesday 7/24/24	Thursday 7/25/24
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 Fresh Strawberries Milk/Soy/Lactaid*	Franz WW Bagels Sliced Oranges Milk/Soy/Lactaid* Cream Cheese	GM Rice Chex Bananas Milk/Soy/Lactaid*	Yami Vanilla Yogurt WG Granola Blueberries Milk/Soy/Lactaid*
Lunch <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits/Veg • Grains Other Foods (Bonus)	Build your own Turkey & Cheese Sandwich on WW Bread Green Salad w/ Ranch Peaches Milk/Soy/Lactaid*	Bean Tostadas Lettuce, Cheese, Tomato Snap Peas Sliced Apples Milk/Soy/Lactaid*	Build your own Chicken & Cheese Sandwich on WW Bread Mixed Vegetables Pineapple Milk/Soy/Lactaid*	Turkey Pepperoni & Cheese Pizza Green Salad w/ Ranch 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 Wheat Thins Crackers Broccoli w/ Ranch Water	Cucumbers w/ Ranch WW Goldfish Crackers Water	Fresh Strawberries WW Pretzels Water	Graham Crackers String Cheese Orange Slices Water

*Milk served is unflavored low-fat 1% milk.

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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.

Menu semanal del CACFP

Patrocinador y sitio

Head Start of Yamhill County- todos sitios

Mes y año

Julio 2024

Patrones de comidas	Lunes 7/22/24	Martes 7/23/24	Miércoles 7/24/24	Jueves 7/25/24
Desayuno <ul style="list-style-type: none"> • Granos o carne/sustituto de carne (no más de 3 veces por semana) • Verduras o frutas • Leche líquida Otros alimentos (adicional) 	GM Cheerios Fresas Leche/Soya/Lactaid*	Bagels integrales Franz Naranjas Queso Filadelfia Leche/Soya/Lactaid*	GM Rice Chex Plántanos Leche/Soya/Lactaid*	Yogur Yami de vainilla Granola integral Moras Leche/Soya/Lactaid*
Comida <ul style="list-style-type: none"> • Leche líquida • Carne o sustituto de carne • Verduras • frutas/verduras • Granos Otros alimentos (adicional) 	Sándwich DIY de pan integral, pavo y queso Ensalada con ranch Duraznos Leche/Soya/Lactaid*	Tostadas de frijoles Lechuga, queso, tomate Chicharos chinos Manzanas Leche/Soya/Lactaid*	Sándwich DIY de pan integral, pollo y queso Verduras mixtas Piña Leche/Soya/Lactaid*	Pizza de pavo y queso Pan integral Ensalada con ranch Melón verde Leche/Soya/Lactaid*
Colación- clase de 6 horas (elegir 2 de estos 5) <ul style="list-style-type: none"> • Leche líquida • Carne o sustituto de carne • Verduras • Frutas Granos 	Dedos de queso Galletas Wheat Thins Brócoli con ranch Agua	Pepinos con ranch Galletas integrales Goldfish Agua	Fresas Pretzeles integrales Agua	Galletas graham Dedos de queso Agua

* La leche servida es leche al 1% baja en grasa y sin sabor. Leche de soya servida como sustituto de leche de preferencia

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Esta institución es un proveedor de igualdad de oportunidades.