

CACFP One Week Menu

Sponsor Name/Site Name

Head Start of Yamhill County- all sites

Month and Year

July 2024/ August 2024

Meal Patterns	Monday 7/29/24	Tuesday 7/30/24	Wednesday 7/31/24	Thursday 8/1/24
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 Strawberries Milk/Soy/Lactaid*	WW Toast Applesauce Milk/Soy/Lactaid* Cream Cheese	GM Rice Chex Bananas Milk/Soy/Lactaid*	Yami Vanilla Yogurt WG Granola Peaches 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 Orange Slices Broccoli/ Cucumbers w/ Ranch Milk/Soy/Lactaid*	Hamburger on WW bun Lettuce/tomato/Cheese Green Salad w/ Ranch Sliced Oranges Milk/Soy/Lactaid*	Build your own Chicken & Cheese Sandwich on WW Bread Mixed Vegetables Tropical Fruit Milk/Soy/Lactaid*	Bean Tostada w/ salsa/cheese Green Salad w/ Ranch Sliced Apples 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 Water	Carrots w/ Ranch WW Goldfish Crackers Water	Mandarin Oranges Graham Crackers Water	Whole Grain Animal Crackers Bananas Water

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

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.

This institution is an equal opportunity provider.

CACFP One Week Menu

Sponsor Name/Site Name

Head Start of Yamhill County-Todos Sitios

Month and Year

Julio 2024/ Agosto 2024

Patron de Comidas	Lunes 7/29/24	Martes 7/30/24	Miércoles 7/31/24	Jueves 8/1/24
Desayuno · Granos o carne/sustituto de carne (no más de 3 veces por semana) · Verduras o frutas · Leche líquida Otros alimentos (adicionales)	GM Kix Fresas Frescas Leche/Soya/Lactaid*	Pan Tostados Integral Puré de Manzana Leche/Soya/Lactaid* Queso Crema	GM Chex de Arroz Plátanos Leche/Soya/Lactaid*	Yogur Yami de Vainilla Granola Integral Duraznos Leche/Soya/Lactaid
Comida · Leche líquida · Carne o sustituto de carne · Verduras · frutas/verduras · Granos Otros alimentos (adicionales)	Sándwich DIY Pan integral con Pavo y Queso Rebanadas de Naranja Broccoli Pepino y Ranch Leche/Soya/Lactaid*	Hamburguesas en Pan Integral Lechuga/tomate/Queso Ensalada Verde con Ranch Rebanadas de Naranja Leche/Soya/Lactaid*	Sándwich DIY con Pan integral con Pollo Vegetales Mixtos Fruta Tropical Leche/Soya/Lactaid*	Tostada de Frijoles salsa y Queso Ensalada Verde y Ranch Rebanadas de Manzana Leche/Soya/Lactaid*
Colación- clase de 6 horas (elegir 2 de estos 5) · Leche líquida · Carne o sustituto de carne · Verduras · Frutas Granos	Queso de Hebra Galletas Finas Integrales Agua	Zanahorias con Ranch Galletas Integral de Pez Agua	Mandarinas Graham Galletas Agua	Galletas de Animalito Plátano 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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