

# CACFP One Week Menu

**Sponsor Name/Site Name**

Head Start of Yamhill County- am toddler classes

**Month and Year**

July 2024/ August 2024

<b>Meal Patterns</b>	<b>Monday 7/29/24</b>	<b>Tuesday 7/30/24</b>	<b>Wednesday 7/31/24</b>	<b>Thursday 8/1/24</b>
<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 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*
<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> <li>Other Foods (Bonus)</li> </ul>	Build your own Turkey & Cheese Sandwich on WW Bread Broccoli/ Cucumbers w/ Ranch Orange Slices 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*

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

Center: Sheridan MEC Praise EHS McMinnville Lafayette Newberg

This institution is an equal opportunity provider.

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**Month and Year** Julio 2024/ Agosto 2024

Patron de Comidas	Lunes 7/29/24	Martes 7/30/24	Miercoles 7/31/24	Jueves 8/1/24
<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 Cheerios Fresas Leche/Soya/Lactaid*	Pan Tostado Integral Pure de ManzanaLeche/Soya* Queso Crema	GM Chex de Arroz Platanos Leche/Soya/Lactaid*	Yogur Yami de Vainilla Granola Integral Duraznos Leche/Soya/Lactaid
<b>Comida</b> · Leche líquida · Carne o sustituto de carne · Verduras · frutas/verduras · Granos · Otros alimentos (adicionales)	Sándwich DIY Pan integral con Pavo y Queso Broccoli Pepino Ranch Rebanadas de Naranja 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*

\*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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