

CACFP One Week Menu

Sponsor Name/Site Name

Head Start of Yamhill County- all sites

Month and Year July 2024

Meal Patterns	Monday 7/8/24	Tuesday 7/9/24	Wednesday 7/10/24	Thursday 7/11/24
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 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)	Build your own Turkey & Cheese Sandwich on WW Bread Snap Peas Orange Slices Milk/Soy/Lactaid*	Chicken Quesadilla on Don Poncho WW Tortilla Green Salad w/ Ranch Sliced Apples Milk/Soy/Lactaid*	Build your own Chicken & Cheese Sandwich on WW Bread Carrots and Cucumbers Fresh Melon Milk/Soy/Lactaid*	Bean & Cheese Burrito Don Poncho WW Tortilla Steamed Broccoli Tropical Fruit 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 Cucumbers w/ Ranch Water	Carrots w/ Ranch WW Goldfish Crackers Water	Mandarin Oranges Graham Crackers Water	Whole Grain Animal Crackers Applesauce 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.

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Sponsor Name/Site Name Head Start of Yamhill County- Todos Sitios **Month and Year** Julio 2024

Patrón de Comidas	Lunes 7/8/24	Martes 7/9/24	Miércoles 7/10/24	Jueves 7/11/24
Desayuno · 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 de Rosquilla Integral Durazno Leche/Soya/Lactaid* Queso Crema	GM Chex de Arroz Plátanos Leche/Soya/Lactaid*	Yogur Yami de Vainilla Granola Integral Peras Leche/Soya/Lactaid*
Comida · Leche líquida · Carne o sustituto de carne · Verduras · frutas/verduras · Granos Otros alimentos (adicionales)	Sándwich DIY con Pavo y Queso en Pan Integral Guisantes Naranja en Rebanadas Leche/Soya/Lactaid*	Quesadilla de Pollo en Don Poncho Tortilla de Integral Ensalada Verde Ranch Rebanadas de Manzana Leche/Soya/Lactaid	Sándwich DIY con Pan integral y Queso Zanahorias y Pepino Melón Fresco Leche/Soya/Lactaid*	Burrito de Frijoles y Queso en Don Poncho Tortilla Integral Brócoli al Vapor Fruta Tropical Leche/Soya/Lactaid
Colación- clase de 6 horas (elegir 2 de estos 5) · Leche líquida · Carne o sustituto de carne · Verduras · Frutas Granos	Queso Hebra Galletas Finas Integrales Pepino con Ranch Agua	Zanahorias con Ranch Galletas entegrales de Pescado Agua	Mandarinas Graham Galletas Agua	Galletas de Animalito Integrales Puré de Manzana 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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