

CACFP One Month Menu

Sponsor Name/Site Name Head Start of Yamhill County

Month and Year September 2024

Meal Patterns	Monday 9/16/24	Tuesday 9/17/24	Wednesday 9/18/24	Thursday 9/19/24	Friday 9/20/24
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 Kix Pears Milk/Soy/Lactaid*	Breakfast Burritos (eggs/cheese/WW tortilla) Bananas Milk/Soy/Lactaid* Salsa	Yoplait Vanilla Yogurt Mixed Berries WW Granola Milk/Soy/Lactaid*	Chilaquiles Peaches Milk/Soy/Lactaid* Salsa	GM Rice Chex Bananas Milk/Soy/Lactaid*
Lunch <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits/Veg • Grains Other Foods (Bonus) 	Macaroni & Cheese w/Chicken Green Salad Pineapple Milk/Soy/Lactaid* Ranch	Sloppy Joes beef/lentils w/ WW/bun Brussel Sprouts Fresh Plums Milk/Soy/Lactaid*	Chicken Salad Tostadas Peas & Carrots Apple Slices Milk/Soy/Lactaid*	Turkey Pepperoni Pizza Popeye Spinach Salad Orange Slices Milk/Soy/Lactaid*	Build your own Turkey/Cheese Sandwich WW bread Cucumbers/ Carrots Tropical Fruit Milk/Soy/Lactaid* Ranch
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 	WW Goldfish String Cheese Water	WW Animal Crackers Mandarin Oranges Water	Wheat Thins Crackers Cucumbers w/Ranch Water	WW Pretzels String Cheese Water	Graham Crackers Apple Slices Water

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

Center: Sheridan MEC Praise Modular Lafayette Newberg

This institution is an equal opportunity provider.