

CACFP One Month Menu

Sponsor Name/Site Name Head Start of Yamhill County

Month and Year September 2024

Meal Patterns	Monday 9/23/24	Tuesday 9/24/24	Wednesday 9/25/24	Thursday 9/26/24	Friday 9/27/24
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 Bananas Milk/Soy/Lactaid*	WW Pancakes Applesauce Milk/Soy/Lactaid*	Oatmeal Blueberries Milk/Soy/Lactaid*	Yoplait Vanilla Yogurt Mixed Berries WW Granola Milk/Soy/Lactaid*	GM Kix Bananas 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 Chicken/Cheese Sandwich WW bread Broccoli & Carrots Apple Slices Milk/Soy/Lactaid*	Bean/Cheese Burritos WW tortilla Green Salad Orange Slices Milk/Soy/Lactaid* Ranch Salsa	Chicken Tenders Snap Peas Peaches WW Roll Milk/Soy/Lactaid*	Grilled Cheese Sandwich Tomato Soup Apple Slices Milk/Soy/Lactaid* Ranch	Build your own Turkey/Cheese Sandwich WW bread Cauliflower/Broccoli Pears 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 	Wheat Thin Crackers String Cheese Water	Carrots W/ Ranch Graham Crackers Water	WW Pretzels String Cheese Water	Broccoli W/ Ranch WW Animal Crackers Water	WW Goldfish Mandarin Oranges 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.

