

# CACFP One Month Menu

Sponsor Name/Site Name Head Start of Yamhill County

Month and Year September 2024

Meal Patterns	Monday 9/30/24	Tuesday 10/1/24	Wednesday 10/2/24	Thursday 10/3/24	Friday 10/4/24
<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 Corn Flakes Pears Milk/Soy/Lactaid*	WW Bagels Applesauce Milk/Soy/Lactaid* Cream Cheese	Yoplait Vanilla Yogurt Strawberries WW Granola Milk/Soy/Lactaid*	Breakfast Burritos (eggs/cheese/WW tortilla) Kiwi Milk/Soy/Lactaid* Salsa	GM Rice Chex Bananas 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>	WW Spaghetti w/ Lentils/Beef Celery & Carrots Apple Slices WW Roll Milk/Soy/Lactaid* Ranch	Bean Tostadas Broccoli & Carrots Orange Slices Milk/Soy/Lactaid* Lettuce, Cheese, Tomato Ranch	Grilled Turkey & Cheese Sandwich Grilled Squash/Zucchini Tropical Fruit Milk/Soy/Lactaid*	Hamburger w/ WW bun Popeye Spinach Salad Watermelon Milk/Soy/Lactaid*	Build your own Chicken/Cheese Sandwich WW bread Snap peas Orange Slices Milk/Soy/Lactaid*
<b>PM Snack- 6 hour class</b> (Select two of these five components) <ul style="list-style-type: none"> <li>• Fluid Milk</li> <li>• Meat or meat alternate</li> <li>• Vegetables</li> <li>• Fruits</li> <li>Grains</li> </ul>	Broccoli W/ Ranch WW Pretzels Water	WW Animal Crackers String Cheese Water	Carrots w/ Ranch Graham Crackers Water	WW Goldfish Mandarin Oranges Water	Wheat Thins String Cheese 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.