



CACFP One Month Menu

Sponsor Name/Site Name Head Start of Yamhill County Month and Year September 2024

Meal Patterns	Monday 9/9/24	Tuesday 9/10/24	Wednesday 9/11/24	Thursday 9/12/24	Friday 9/13/24
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 Rice Chex Orange Slices Milk/Soy/Lactaid*	WW toast Scrambled Eggs Peaches Milk/Soy/Lactaid*	Yoplait Vanilla Yogurt Strawberries WW Granola Milk/Soy/Lactaid*	Oatmeal Blueberries Milk/Soy/Lactaid*	GM Cheerios Bananas Milk/Soy/Lactaid*
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits/Veg Grains Other Foods (Bonus) 	Baked Chicken Legs Mixed veggies Watermelon WW Roll Milk/Soy/Lactaid*	Bean Tostadas Lettuce, Cheese, Tomato Steamed Green Beans Sliced Apples Milk/Soy/Lactaid*	Chicken Quesadilla/ WW Don Poncho tortilla Cantaloupe Broccoli & Cauliflower Milk/Soy/Lactaid* Salsa Ranch	Hamburger on WW Bun Snap Peas Orange Slices Milk/Soy/Lactaid* Cheese/Lettuce/tomato	Build your own Turkey/Cheese Sandwich WW bread Apple Slices Peas/Carrots 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 	Carrots W/Ranch WW Pretzels Water	Watermelon String Cheese Water	WW Goldfish Mandarin Oranges Water	Graham Crackers Broccoli w/ ranch Water	WW Animal Crackers Snap peas 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.