

CACFP One Month Menu

Sponsor Name/Site Name Head Start of Yamhill County

Month and Year October 2024

Meal Patterns	Monday 10/14/24 Only toddler classes	Tuesday 10/15/24 Only toddler classes	Wednesday 10/16/24	Thursday 10/17/24	Friday 10/18/24
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) 	Sloppy Joes on WW bun-lentil/beef Mixed veggies Pears 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 			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.