

# CACFP One Month Menu

Sponsor Name/Site Name Head Start of Yamhill County

Month and Year October 2024

Meal Patterns	Monday 10/21/24	Tuesday 10/22/24	Wednesday 10/23/24	Thursday 10/24/24	Friday 10/25/24
<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 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*
<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>	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
<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>	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.