

CACFP One Month Menu

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

Meal Patterns	Monday 10/28/24	Tuesday 10/29/24	Wednesday 10/30/24	Thursday 10/31/24	Friday 11/1/24
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) 	HSYC Closed	GM Cheerios Bananas 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* Ranch	Chicken Tenders Snap Peas Peaches WW Roll Milk/Soy/Lactaid*	Grilled Cheese Sandwich Tomato Soup Orange 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	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.

