

Month Menu

Sponsor Name/Site Name

Head Start of Yamhill
County

Month and Year

Week 1: 12/2-12/6

December 2024

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast</p> <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) 	<p>Oatmeal Bananas Milk/Soy/Lactaid*</p>	<p>WW Pancakes Mixed Fruit (Strawberry, Blueberry) Milk/Soy/Lactaid*</p>	<p>WW Toast Scrambled Eggs Peaches Milk/Soy/Lactaid*</p>	<p>Yami Vanilla Yogurt Granola Apple Slices Milk/Soy/Lactaid*</p>	<p>GM Kix Pears Milk/Soy/Lactaid*</p>
<p>Lunch</p> <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits/Veg • Grains Other Foods (Bonus) 	<p>Turkey Pepperoni Pizza Carrots Strawberries Milk/Soy/Lactaid* Ranch</p>	<p>Quesadilla / WW Don Pancho Tortilla Sweet Peppers Pineapple Milk/Soy/Lactaid* Salsa</p>	<p>Teriyaki Chicken & Fried Rice Stir Fry Vegetables (Onion, peas & carrots) Apple Slices Milk/Soy/Lactaid*</p>	<p>Lasagna Green Salad Mandarin Oranges Milk/Soy/Lactaid* Ranch</p>	<p>WW Chicken Tenders JoJos (Potato Wedges) Orange Slices Milk/Soy/Lactaid* Ranch</p>
<p>PM Snack- 6 hour class</p> <p>(Select two of these five components)</p> <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits Grains 	<p>WW Animal Crackers Blueberries Water</p>	<p>String Cheese Mandarin Oranges Water</p>	<p>Graham Crackers Banana Water</p>	<p>WW Pretzel Carrots w/ Ranch Water</p>	<p>String Cheese Snap Peas w/ Ranch Water</p>

Milk served is unflavored low-fat 1% milk. Soy Milk served as Milk Substitute Preference

Center: Sheridan MEC Praise Modular Lafayette Newberg

seasonality and availability.

All menu items are subject to change according to

All grain products are credited as whole grain rich.

This institution is an equal opportunity provider.