

CACFP One Month Menu

Sponsor Name/Site Name Head Start of Yamhill County

Month and Year November 2024

Meal Patterns	Monday 11/4/24	Tuesday 11/5/24	Wednesday 11/6/24	Thursday 11/7/24	Friday 11/8/24
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 Corn Flakes Pears Milk/Soy/Lactaid*	WW Bagels Applesauce Milk/Soy/Lactaid* Cream Cheese	Yoplait Vanilla Yogurt Strawberries WW Granola Milk/Soy/Lactaid*	Breakfast Burritos (eggs/cheese/WW tortilla) Kiwi Milk/Soy/Lactaid* Salsa	GM Rice Chex Bananas Milk/Soy/Lactaid*
Lunch <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits/Veg • Grains Other Foods (Bonus) 	WW Spaghetti w/ Lentils/Beef Celery & Carrots Apple Slices WW Roll Milk/Soy/Lactaid* Ranch	Bean Tostadas Broccoli & Carrots Orange Slices Milk/Soy/Lactaid* Lettuce, Cheese, Tomato Ranch	Grilled Turkey & Cheese Sandwich Grilled Squash/Zucchini Tropical Fruit Milk/Soy/Lactaid*	Hamburger w/ WW bun Popeye Spinach Salad Watermelon Milk/Soy/Lactaid*	Build your own Chicken/Cheese Sandwich WW bread Snap peas Orange Slices 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 	Broccoli W/ Ranch WW Pretzels Water	WW Animal Crackers String Cheese Water	Carrots w/ Ranch Graham Crackers Water	WW Goldfish Mandarin Oranges Water	Wheat Thins String Cheese 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.