

CACFP One Month Menu

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

Meal Patterns	Monday 11/11/24	Tuesday 11/12/24	Wednesday 11/13/24	Thursday 11/14/24	Friday 11/15/24
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 Cheerios Bananas Milk/Soy/Lactaid*	Yami Vanilla Yogurt Strawberries WW Granola Milk/Soy/Lactaid*	WW Pancakes Applesauce Milk/Soy/Lactaid*	GM Kix Peaches Milk/Soy/Lactaid*	WW Toast Scrambled Eggs Fresh Plums Milk/Soy/Lactaid* Cream Cheese
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 Orange Slices Carrots & Cauliflower Milk/Soy/Lactaid* Ranch	Baked Chicken Legs Apple Slices Snap Peas WW Roll Milk/Soy/Lactaid*	WW Spaghetti w/Lentils/beef Tropical Fruit Broccoli & Cauliflower WW Roll Milk/Soy/Lactaid* Ranch	Build your own Turkey/Cheese Sandwich Apple Slices Mixed Veggies Milk/Soy/Lactaid*	Bean & Cheese Burritos on WW/ don poncho tortilla Green Salad Bananas Milk/Soy/Lactaid* Ranch/ Salsa
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 Animal Crackers String Cheese Water	WW Pretzels Carrots w/ ranch Water	WW Goldfish Mandarin Oranges Water	Graham Crackers Broccoli w/ ranch Water	Mandarin Oranges 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.