

Month Menu

Sponsor Name/Site Name

Head Start of Yamhill
County

Month and Year

Week 2: 1/13-1/17
January 2025

Meal Patterns	Monday 1/13	Tuesday 1/14	Wednesday 1/15	Thursday 1/16	Friday 1/17
	Toddler class only	Toddler class only			
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 Orange Slices Milk/Soy/Lactaid*	WW Bagel w/ Cream Cheese Pears Milk/Soy/Lactaid*	Breakfast Burrito Bananas Milk/Soy/Lactaid*	WW Muffin Apple Sauce Milk/Soy/Lactaid*	Yami Vanilla Yogurt Granola Blueberries Milk/Soy/Lactaid*
Lunch <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits/Veg • Grains Other Foods (Bonus) 	BYO Turkey/Cheese Sandwich WW Bread Carrots & Cauliflower Watermelon Milk/Soy/Lactaid*	Turkey Pepperoni Pizza Carrots Strawberries Milk/Soy/Lactaid* Ranch	Hamburger on WW Bun Carrots Tropical Fruit Milk/Soy/Lactaid* Cheese/Lettuce/Tomato Ranch	WG Mac & Cheese WW Roll Steamed Peas Plums Milk/Soy/Lactaid*	Crispy Chicken Sandwich WW Bun Broccoli Apple Slices Milk/Soy/Lactaid* Lettuce/Tomato 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 			WW Goldfish Orange Slices Water	WW Animal Cracker Broccoli w/ Ranch Water	String Cheese Carrots Water

This institution is an equal opportunity provider

All menu items are subject to change according to seasonality and availability

All grain products are credited as whole grain rich

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

All menu items are subject to change according to seasonality and availability

All grain products are credited as whole grain rich