

**Month Menu**

**Sponsor Name/Site Name**

Head Start of Yamhill  
County

**Month and Year**

**Week 3: 1/20-1/24**  
January 2025

<b>Meal Patterns</b>	<b>Monday 1/20</b>	<b>Tuesday 1/21</b>	<b>Wednesday 1/22</b>	<b>Thursday 1/23</b>	<b>Friday 1/24</b>
	<b>Non-Program Day</b>				
<b>Breakfast</b> <ul style="list-style-type: none"> <li>• Grains, or Meat/meat alternate (no more than 3 times per week)</li> <li>• Vegetables or Fruits</li> <li>• Fluid Milk</li> <li>• Other Foods (Bonus)</li> </ul>	No School-Holiday	WW Waffle Strawberries Milk/Soy/Lactaid* Cream Cheese	Oatmeal Blueberries Milk/Soy/Lactaid*	Yami Vanilla Yogurt w/ WW Granola Mixed Berries Milk/Soy/Lactaid*	GM Corn Flakes Peaches Milk/Soy/Lactaid*
<b>Lunch</b> <ul style="list-style-type: none"> <li>• Fluid Milk</li> <li>• Meat or meat alternate</li> <li>• Vegetables</li> <li>• Fruits/Veg</li> <li>• Grains</li> <li>Other Foods (Bonus)</li> </ul>		Beef & Bean Chili w/ Shredded Cheese WW Roll Carrots & Broccoli Peaches Milk/Soy/Lactaid*	Sloppy Joes on WW Bun Lentil-Beef Roasted Squash & Zucchini Watermelon Milk/Soy/Lactaid*	Grilled Cheese on WW Bread Tomato Soup Plums Milk/Soy/Lactaid*	Baked Chicken Legs Popeyes Spinach Salad Apple Slices Milk/Soy/Lactaid* Ranch/Ketchup
<b>PM Snack- 6 hour class</b> (Select two of these five components) <ul style="list-style-type: none"> <li>• Fluid Milk</li> <li>• Meat or meat alternate</li> <li>• Vegetables</li> <li>• Fruits</li> <li>Grains</li> </ul>		WW Pretzel Carrots w/ Ranch Water	WW Goldfish Broccoli w/ Ranch Water	String Cheese Snap Peas w/ Ranch Water	String Cheese 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

**All grain products are credited as whole grain rich.**

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

This institution is an equal opportunity provider.

