

**Month Menu**

Sponsor Name/Site Name      Head Start of Yamhill County      Month and Year      Week 4: 1/27-1/31  
January 2025

Meal Patterns	Monday 1/27	Tuesday 1/28	Wednesday 1/29	Thursday 1/30	Friday 1/31
<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>	GM Kix Peaches Milk/Soy/Lactaid*	Yami VanillaYogurt w/ WW Granola Strawberries Milk/Soy/Lactaid*	WW Toast Scrambled Eggs Blueberries Milk/Soy/Lactaid*	WW Bagel w/ Cream Cheese Pears 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>	BYO Turkey/Cheese Sandwich WW Bread Broccoli Apricot's Milk/Soy/Lactaid* Ranch Lettuce, Tomato	Beef Tacos Shredded Lettuce, tomatoes, cheese Snap Peas Apple Slices Milk/Soy/Lactaid*	WW Spaghetti w/ Lentils/Beef Green Salad Tropical Fruit Milk/Soy/Lactaid* Ranch	<i>Breakfast for Lunch</i> WW Waffles Sausage Links Apple Slices Carrots Milk/Soy/Lactaid*	Hamburger on WW Bun Carrots & Broccoli Orange Slices Milk/Soy/Lactaid* Cheese/Lettuce/Tomato Ranch
<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 Animal Cracker String Cheese Water	WW Goldfish Orange Slices Water	WW Pretzels Broccoli w/ Ranch Water	String Cheese Snap Peas w/ Ranch Water	Graham Crackers String Cheese Water

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

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**

Center: Sheridan MEC Praise Modular Lafayette Newberg

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