

Month Menu

Head Start of Yamhill County

Month and Year

Week 1: 1/6 - 1/10

January 2025

Sponsor Name/Site Name

Meal Patterns	Monday 1/6	Tuesday 1/7	Wednesday 1/8	Thursday 1/9	Friday 1/10
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 Kix Pears Milk/Soy/Lactaid*	WW Pancakes Mixed Fruit (Strawberry, Blueberry) Milk/Soy/Lactaid*	WW Toast Scrambled Eggs Peaches Milk/Soy/Lactaid*	Yami Vanilla Yogurt Granola Apple Slices Milk/Soy/Lactaid*	Oatmeal Bananas Milk/Soy/Lactaid*
Lunch <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits/Veg • Grains • Other Foods (Bonus) 	Bean Tostadas Lettuce, Cheese, Tomato Snap Peas Apple Sauce Milk/Soy/Lactaid* Salsa	Quesadilla / WW Don Pancho Tortilla Sweet Peppers Pineapple Milk/Soy/Lactaid* Salsa	Teriyaki Chicken & Fried Rice Stir Fry Vegetables (Onion, peas & carrots) Apple Slices Milk/Soy/Lactaid*	Lasagna Green Salad Mandarin Oranges Milk/Soy/Lactaid* Ranch	WW Chicken Tenders JoJos (Potato Wedges) Orange Slices Milk/Soy/Lactaid* 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 Animal Crackers Blueberries Water	String Cheese Mandarin Oranges Water	Graham Crackers Banana Water	WW Pretzel Carrots w/ Ranch Water	String Cheese Snap Peas w/ Ranch 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

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

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