

**Month Menu**

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

**Week 2: 3/10 - 3/14**  
**March 2025**

<b>Meal Patterns</b>	<b>Monday 3/10</b>	<b>Tuesday 3/11</b>	<b>Wednesday 3/12</b>	<b>Thursday 3/13</b>	<b>Friday 3/14</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>	GM Corn Chex Plums Milk/Soy/Lactaid*	WW Bagel Peaches Milk/Soy/Lactaid* Cream Cheese	Breakfast Taco on WG Corn Tortilla Bananas Milk/Soy/Lactaid*	BYO Fruit Pizza - Whipped Cream Cheese WW English Muffin Blueberries Milk/Soy/Lactaid*	Yami Vanilla Yogurt Granola Mixed Berries 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 Mediterranean Bento Bowl (WW Flatbread, Hummus) Snap Peas & Carrots Orange Slices Milk/Soy/Lactaid*	Turkey Pepperoni Pizza Carrots Strawberries Milk/Soy/Lactaid* Ranch	Hamburger on WW Bun Roasted Brussel Sprouts Tropical Fruit Milk/Soy/Lactaid* Cheese/Lettuce/Tomato Ranch	Tater Tot Casserole & WG Roll Steamed Peas Plums Milk/Soy/Lactaid*	Crispy Drumstick & WG Roll Steamed Broccoli Apple Slices Milk/Soy/Lactaid* 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>	String Cheese Mandarin Oranges Water	WW Apple Muffin Pears Water	GM Chex Cereal String Cheese Water	WW Animal Cracker Broccoli w/ Ranch Water	String Cheese Carrots 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**  
**All grain products are credited as whole grain rich**