


Month Menu

Sponsor Name/Site Name Head Start of Yamhill County **Month and Year** Week 3: 3/17 - 3/21
March 2025

Meal Patterns	Monday 3/17	Tuesday 3/18	Wednesday 3/19	Thursday 3/20	Friday 3/21
	St. Patrick's Day! 				
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 Chex cereal Bananas Milk/Soy/Lactaid*	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*
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 Roasted Zucchini & Squash Sliced Honeydew Milk/Soy/Lactaid* Ranch	Bean Tostadas Lettuce, Cheese, Tomato Carrots & Broccoli Peaches Milk/Soy/Lactaid* Salsa	<i>Breakfast for Lunch</i> WW Pancakes Sausage Links Applesauce Mixed Veggies Milk/Soy/Lactaid*	BYO Turkey/Cheese Sandwich WW Bread Lettuce, Tomato Popeyes Spinach Salad Watermelon Milk/Soy/Lactaid*	WG Ravioli w/ Marinara Sauce Roasted Green Beans Apple Slices Milk/Soy/Lactaid* Ranch/Ketchup
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 	String Cheese Snap Peas w/ Ranch Water	WW Blueberry Muffins Orange Slices 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 menu items are subject to change according to seasonality and availability.

All grain products are credited as whole grain rich.

This institution is an equal opportunity provider.