

**Month Menu**

Head Start of Yamhill County

Month and Year

Week 1: 3/3 - 3/7

March 2025

Sponsor Name/Site Name

Meal Patterns	Monday 3/3/25	Tuesday 3/4/25	Wednesday 3/5/25	Thursday 3/6/25	Friday 3/7/25
<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>	WG Blueberry Muffin Pears Milk/Soy/Lactaid*	WG Cheerios Peaches Milk/Soy/Lactaid*	WW T0oasted English Muffin Blueberries Milk/Soy/Lactaid* Cream cheese	Yami Vanilla Yogurt Granola Kiwi Milk/Soy/Lactaid*	Oatmeal Bananas 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>	Chicken Wrap on WW Tortilla w/ Shredded Cheese Lettuce, Tomato & Snap Peas Mandarin Oranges Milk/Soy/Lactaid* Ranch	Black Bean Enchiladas Baby Carrots Apple Slices Milk/Soy/Lactaid* Salsa	Teriyaki Chicken & Fried Rice Stir Fry Vegetables (Onion, peas & carrots) Kiwi Milk/Soy/Lactaid*	WW Spaghetti w/ Lentils/Beef Steamed Green Beans Pineapple Milk/Soy/Lactaid* Ranch	Crispy Chicken Sandwich on WW Bun JoJos (Potato Wedges) Orange Slices Milk/Soy/Lactaid* 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 Crackers Blueberries Water	String Cheese Mandarin Oranges Water	Graham Crackers Sliced Oranges 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**

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