

# CACFP One Week Menu

Head Start of Yamhill County

**Week 1: 5/5-5/9**

**Sponsor Name/Site Name** \_\_\_\_\_

**May 2025**

Meal Patterns	Monday 5/5/25	Tuesday 5/6/25	Wednesday 5/7/25	Thursday 5/8/25	Friday 5/9/25
<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 Cheerios Bananas Milk/Soy/Lactaid*	WW Toasted English Muffin Mixed Berries Milk/Soy/Lactaid* Cream Cheese	WG Blueberry Muffin Peaches Milk/Soy/Lactaid*	Yoplait Vanilla Yogurt Granola Mixed Berries 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>	BYO Turkey Sandwich w/ cheese on WW bread Broccoli & Carrots Mandarin Oranges Milk/Soy/Lactaid* Ranch	Black Bean Enchiladas Carrots & Cucumbers Apple Slices Milk/Soy/Lactaid* Salsa Ranch	Teriyaki Chicken & Fried Rice Stir Fry Vegetables (Onion, peas & carrots) Orange slices Milk/Soy/Lactaid*	WW Spaghetti w/ Lentils/Beef Broccoli & Cucumbers 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	Graham Crackers Broccoli w/Ranch Water	String Cheese Apple Slices Water	WW Pretzel Mandarin Oranges 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**