

Month Menu

Sponsor Name/Site Name **Head Start of Yamhill** **Month and Year** **Week 1: 4/28-5/2**
County _____ **April/May 2025**

Meal Patterns	Monday Non-Program Day	Tuesday 4/29	Wednesday 4/30	Thursday 5/1	Friday 5/2
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) 		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*	GM Cheerios Bananas Milk/Soy/Lactaid*
Lunch <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits/Veg • Grains Other Foods (Bonus) 		Build Your Own Tacos (Seasoned Lentils, Refried Beans, Shredded Lettuce, Tomato) Sweet Peppers Pineapple Milk/Soy/Lactaid* Salsa	WG Orange Chicken & Fried Rice Stir Fry Vegetables (Onion, peas & carrots) Apple Slices Milk/Soy/Lactaid*	WW Spaghetti w/ Lentils/Beef Green Salad Peaches Milk/Soy/Lactaid* Ranch	Turkey Pepperoni Pizza Carrots Strawberries 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 Graham Crackers Orange Slices Water	WW Goldfish Broccoli w/ Ranch Water	String Cheese Baby Carrots 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 grain products are credited as whole grain rich.

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

This institution is an equal opportunity provider.

