

CACFP One Week Menu

Sponsor Name/Site Name

Head Start of Yamhill County

Week 3: 5/19-5/23

May 2025

Meal Patterns	Monday 5/19/25	Tuesday 5/20/25	Wednesday 5/21/25	Thursday 5/22/25	Friday 5/23/25
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) 	WG Cheerios Mandarin Oranges Milk/Soy/Lactaid*	WW Waffle Applesauce Milk/Soy/Lactaid* Cream Cheese	Oatmeal Blueberries Milk/Soy/Lactaid*	Yoplait Vanilla Yogurt w/ WW Granola Mixed Berries Milk/Soy/Lactaid*	GM Corn Flakes Bananas 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 Wrap WW Tortilla Lettuce, Tomato Baby Carrots Apple Slices Milk/Soy/Lactaid* Ranch/Mustard	Bean Tostadas Lettuce, Cheese, Tomato Carrots & Broccoli Peaches Milk/Soy/Lactaid* Salsa	WW Chicken Tenders JoJos (Potato Wedges) WW Roll Orange Slices Milk/Soy/Lactaid* Ranch	BYO Turkey/Cheese Sandwich on WW Bread Watermelon Mixed Veggies Milk/Soy/Lactaid* Ranch Mustard/ Ketchup	WG Ravioli w/ Marinara Sauce Green Salad Apple Slices 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 	String Cheese Snap Peas w/ Ranch Water	WW Graham Crackers Orange Slices Water	WW Goldfish Broccoli w/ Ranch Water	String Cheese Snap Peas w/ Ranch Water	WW Graham Crackers 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.