

CACFP One Week Working Menu

Sponsor Name/Site Name Head Start of Yamhill County

Month and Year November 2025

Meal Patterns	Monday 11/10/25	Tuesday 11/11/25	Wednesday 11/12/25	Thursday 11/13/25	Friday 11/14/25
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) 	GM Rice Chex Bananas Milk/Soy/Lactaid*	WW Bagels Peaches Milk/Soy/Lactaid* Whipped Cream Cheese	Yoplait Reduced Sugar Vanilla Yogurt Mixed Berries Bob's Red Mill natural granola Milk/Soy/Lactaid*	Breakfast Burritos (Turkey Sausage/cheese/WW tortilla) Bananas Milk/Soy/Lactaid* Salsa/Sour cream	No Classes
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 Vegetable Capri Blend Apple Slices Milk/Soy/Lactaid* Lettuce/Tomato/Mustard/Mayo	Bean Tostadas Broccoli & Carrots Orange Slices Milk/Soy/Lactaid* Lettuce, Cheese, Tomato Ranch	Grilled Cheese Sandwich on WW bread Tomato Soup Apple Slices Milk/Soy/Lactaid*	Hamburger on WW bun Popeye Spinach Salad Watermelon Milk/Soy/Lactaid* Mustard/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 	Broccoli W/ Ranch Pretzel Goldfish Whole Grain Water	GM Kix String Cheese Water	Orange Slices Honey Maid Graham Crackers Water	Whole Grain Goldfish Carrots w/Ranch Water	

Milk served is unflavored low-fat 1% milk. Soy Milk/Lactaid served as Milk Substitute Preference.

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.

Center: Sheridan MEC Praise Modular Lafayette Newberg

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