

CACFP One Week Working Menu

Sponsor Name/Site Name Head Start of Yamhill County

Month and Year November 2025

Meal Patterns	Monday 11/17/25	Tuesday 11/18/25	Wednesday 11/19/25	Thursday 11/20/25	Friday 11/21/25
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 Cheerios Bananas Milk/Soy/Lactaid*	WW English Muffins Applesauce Milk/Soy/Lactaid* Whipped Cream Cheese	Oatmeal Mixed berries Milk/Soy/Lactaid*	Yoplait Reduced Sugar Vanilla Yogurt Strawberries Bob's Red Mill natural granola Milk/Soy/Lactaid*	GM Rice Chex Bananas Milk/Soy/Lactaid*
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits/Veg Grains Other Foods (Bonus) 	Chicken Quesadilla / WW Don Pancho Tortilla Orange Slices Carrots & Cauliflower Milk/Soy/Lactaid* Ranch	Crispy Chicken Sandwich on WW Bun Pears Vegetable Capri Blend Milk/Soy/Lactaid*	WW Spaghetti w/Lentils/beef Tropical Fruit Broccoli & Cauliflower Milk/Soy/Lactaid* Ranch	Teriyaki Chicken & Fried Rice Stir Fry Vegetables (Onion, peas & carrots) Peaches Milk/Soy/Lactaid*	BYO Turkey/ Cheese sandwich on WW bread Orange Slices Cucumbers/ Carrots Milk/Soy/Lactaid*
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 	Honey Maid Graham Crackers String Cheese Water	Pretzel Goldfish Whole Grain Mandarin Oranges Water	GM Rice Chex Apple Slices Water	Cucumbers w/Ranch String Cheese Water	Honey Maid Graham Crackers String Cheese 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