

CACFP One Week Working Menu

Sponsor Name/Site Name

Head Start of Yamhill County

Month and Year January 2026

Meal Patterns	Monday 1/12/26	Tuesday 1/13/26	Wednesday 1/14/26	Thursday 1/15/26	Friday 1/16/26
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 Peaches Milk/Soy/Lactaid*	Yoplait Reduced Sugar Vanilla Yogurt Mixed Berries Red Plate Cinnamon Granola Milk/Soy/Lactaid*	GM Rice Chex Blueberries Milk/Soy/Lactaid*	GM Kix Bananas Milk/Soy/Lactaid*	Yoplait Reduced Sugar Vanilla Yogurt Mixed Berries Red Plate Cinnamon Granola Milk/Soy/Lactaid*
Lunch <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits/Veg • Grains Other Foods (Bonus) 	Turkey Pepperoni Pizza Carrots & Broccoli Strawberries Milk/Soy/Lactaid* Ranch	BOY Turkey/Cheese Sandwich on WW Roundtop bread Mixed Veggies Honey Dew Milk/Soy/Lactaid*	Chicken Quesadilla / WW Don Pancho Tortilla Green Salad Apple Slices Milk/Soy/Lactaid* Ranch, Salsa	Hamburgers on WW bun Orange Slices Vegetable Capri Blend Milk/Soy/Lactaid* Ranch, Mustard, Ketchup, Mayo	BOY Turkey/Cheese Sandwich on WW Roundtop bread Mandarin Oranges Green Salad Milk/Soy/Lactaid* Ranch, Mustard, Mayo
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 	Whole Grain Goldfish Apple Slices Water	String Cheese Mandarin Oranges Water	Honey Maid Graham Crackers Broccoli w/ Ranch Water	Goldfish Pretzel whole Grain Carrots w/ Ranch Water	Honey Maid Graham Crackers Bananas 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