

# 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
<b>Breakfast</b> <ul style="list-style-type: none"> <li>Grains, or Meat/meat alternate (no more than 3 times per week)</li> <li>Vegetables or Fruits</li> <li>Fluid Milk</li> <li>Other Foods (Bonus)</li> </ul>	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*
<b>Lunch</b> <ul style="list-style-type: none"> <li>Fluid Milk</li> <li>Meat or meat alternate</li> <li>Vegetables</li> <li>Fruits/Veg</li> <li>Grains</li> <li>Other Foods (Bonus)</li> </ul>	Turkey Pepperoni Pizza Carrots & Broccoli Strawberries Milk/Soy/Lactaid* Ranch	BOY Turkey/Cheese Sandwich on WW Roundtop bread Mixed Vegies 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
<b>PM Snack- 6 hour class</b> (Select two of these five components) <ul style="list-style-type: none"> <li>Fluid Milk</li> <li>Meat or meat alternate</li> <li>Vegetables</li> <li>Fruits</li> <li>Grains</li> </ul>	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