



## CACFP One Week Working Menu

**Sponsor Name/Site Name:** Head Start of Yamhill County **Month & Year:** January 2026

**Month & Year:** January 2026

Meal Patterns	Monday 1/26/26	Tuesday 1/27/26	Wednesday 1/28/26	Thursday 1/29/26	Friday 1/30/26
<b>Breakfast</b> • Grains, or Meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods (Bonus)	Oatmeal Blueberries Milk/Soy/Lactaid*	Yoplait Reduced Sugar Vanilla Yogurt Strawberries Red Plate Cinnamon Granola Milk/Soy/Lactaid*	GM Corn Flakes Bananas Milk/Soy/Lactaid*	Yoplait Reduced Sugar Vanilla Yogurt Mixed berries Red Plate Cinnamon Granola Milk/Soy/Lactaid*	<b>No School</b>
<b>Lunch</b> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits/Veg • Grains Other Foods (Bonus)	WW Spaghetti w/Lentils/beef Apple Slices Broccoli & Carrots Milk/Soy/Lactaid* Ranch	Grilled Cheese Sandwich on WW Roundtop bread Tomato Soup Peaches Milk/Soy/Lactaid*	Sloppy Joes on WW Bun Lentil-Beef Green Salad Watermelon Milk/Soy/Lactaid* Ranch	Teriyaki Chicken & Fried Rice Stir Fry Vegetables (Onion, peas & carrots) Orange Slices Milk/Soy/Lactaid*	
<b>PM Snack- 6 hour class</b> (Select two of these five components) • Fluid Milk • Meat or meat alternate • Vegetables • Fruits Grains			Whole Grain Goldfish Broccoli w/ Ranch Water	String Cheese Honey Maid Graham Crackers 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