

# CACFP One Week Working Menu

Sponsor Name/Site Name: Head Start of Yamhill County

Month and year: April 2026

| Meal Patterns  | Monday 4/13/26  | Tuesday 4/14/26  | Wednesday 4/15/26  | Thursday 4/16/26  | Friday 4/17/26<br><b>Friday Class</b>  |
|--|---|--|--|---|--|
| <b>Breakfast</b><br><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>        | WG GM Cheerios<br>Pears<br>Milk/Soy/Lactaid*  | GM Corn Flakes<br>Bananas<br>Milk/Soy/Lactaid*   | Oatmeal<br>Mixed Berries<br>Milk/Soy/Lactaid*  | WW English Muffin<br>Strawberries<br>Milk/Soy/Lactaid*<br>Whipped Cream<br>Cheese                                   | Yoplait Reduced Sugar Vanilla Yogurt<br>Red Plate Cinnamon Granola<br>Peaches<br>Milk/Soy/Lactaid* |
| <b>Lunch</b><br><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>                          | HM Hamburger on WW Bun<br>Carrots<br>Tropical Fruit<br>Milk/Soy/Lactaid*<br>Cheese/Lettuce/Tomato Ranch/Mustard/<br>Ketchup | HM Bean Tostadas<br>Lettuce, Cheese, Tomato<br>Snap Peas<br>Mandarin Oranges<br>Milk/Soy/Lactaid*<br>Salsa | HM WW Spaghetti w/ Lentils/Beef<br>Green Salad<br>Tropical Fruit<br>Milk/Soy/Lactaid*<br>Ranch | HM Crispy Chicken Wrap WW Tortilla w/ Shredded Cheese<br>Popeyes Spinach Salad<br>Apple Slices<br>Milk/Soy/Lactaid* | BYO Turkey/Cheese Sandwich WW Bread<br>Snap Peas<br>Mandarin Oranges<br>Milk/Soy/Lactaid*<br>Ranch |
| <b>PM Snack, 6-hour class</b><br>(Select two of these five components)<br><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<br>Orange Slices<br>Water  | String Cheese<br>Carrots w/ Ranch<br>Water   | GM WG Rice Chex<br>Carrots w/ Ranch<br>Water   | String Cheese<br>Snap Peas w/ Ranch<br>Water  | String Cheese<br>Honey Maid Graham Crackers<br>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.**  
**HM = "Home Made"; WW = Whole Wheat; WG = Whole Grain; GM = General Mills**

Center: Sheridan MEC Praise Modular Lafayette Newberg