

CACFP One Week Working Menu

Sponsor Name/Site Name: Head Start of Yamhill County

Month and year: May 2026

Meal Patterns	Monday 5/18/26	Tuesday 5/19/26	Wednesday 5/20/26	Thursday 5/21/26	Friday 5/22/26
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 WG Cheerios Mandarin Oranges Milk/Soy/Lactaid*	Yoplait Reduced Sugar Vanilla Yogurt Red Plate Cinnamon Granola Blueberries Milk/Soy/Lactaid*	CP Pillsbury Blueberry Mini Waffle Bananas Milk/Soy/Lactaid*	WW Toasted English Muffin (Butter on the side) Sliced Pears Milk/Soy/Lactaid*	WG GM Kix Bananas Milk/Soy/Lactaid*
Lunch <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits/Veg • Grains • Other Foods (Bonus) 	BYO Chicken/Cheese Wrap WW Tortilla Mixed Veggies Sliced Honeydew Milk/Soy/Lactaid* Ranch/ Lettuce/ Tomato (Small Bowls)	HM Bean & Cheese Burrito w/WG Tortilla Sliced Jicama Strawberries Milk/Soy/Lactaid* Salsa	WW Chicken Tenders WW Roundtop bread JoJos (Potato Wedges) Sliced Honeydew Milk/Soy/Lactaid* Ranch	HM WG Spaghetti w/ beef/lentils Green Salad Sliced Apples Milk/Soy/Lactaid* Ranch	BYO Turkey/Cheese Sandwich WW Bread Sliced Cucumber Mandarin Oranges 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 	Apple Slices String Cheese Water	Whole Grain Goldfish Orange Slices Water	String Cheese Baby Carrots w/ Ranch Water	Goldfish Pretzel Whole Grain Sliced Cucumber w/ Ranch 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.

HM = "Home Made" ; WW = Whole Wheat ; WG = Whole Grain ; GM = General Mills