

CACFP One Week Working Menu

Sponsor Name/Site Name: Head Start of Yamhill County

Month and year: September 2026

Meal Patterns	Monday 9/21/26 Toddler Classes Start	Tuesday 9/22/26	Wednesday 9/23/26	Thursday 9/24/26	Friday 9/25/26
Breakfast - Grains, or Meat/meat alternate (no more than 3 times per week) - Vegetables or Fruits - Fluid Milk - Other Foods (Bonus)	Yoplait Reduced Sugar Vanilla Yogurt Red Plate Cinnamon Granola Mixed berries Milk/Soy/Lactaid*	CP Pillsbury Blueberry Mini Waffle Bananas Milk/Soy/Lactaid*	HM Breakfast Burrito w/ Egg Bananas Milk/Soy/Lactaid*	HM Sweet Potato & Orange Muffins Applesauce Milk/Soy/Lactaid*	No School
Lunch - Fluid Milk - Meat or meat alternate - Vegetables - Fruits/Veg - Grains - Other Foods (Bonus)	HM Bean Tostadas Steamed Green Beans Mandarin Oranges Milk/Soy/Lactaid* Salsa, Lettuce, Cheese, Tomato,	HM Turkey Pepperoni Pizza Green Salad Sliced Watermelon Milk/Soy/Lactaid* Ranch	HM WW Spaghetti w/ Lentils/Beef Sliced Jicama Pears Milk/Soy/Lactaid* Ranch	HM Hamburger on WW Bun HM Popeyes Spinach Salad Orange Slices Milk/Soy/Lactaid* Cheese/Lettuce/Tomato Ranch/Mustard/ Mayo/Ketchup	
PM Snack, 6-hour class (Select two of these five components) - Fluid Milk - Meat or meat alternate - Vegetables - Fruits - Grains	Hard Boiled Egg Peaches Water	HM Toasted Pita Wedges & Fruit dip Water	String Cheese Tropical Fruit Water	HM Pumpkin Bread Sliced Watermelon 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.

CP= Commercially Prepared: HM= Home Made: WW= Whole Wheat

Center: Sheridan MEC Praise Modular Lafayette Newberg