

CACFP One Week Working Menu

Sponsor Name/Site Name: Head Start of Yamhill County

Month and year: September/October 2026

Meal Patterns	Monday 9/28/26	Tuesday 9/29/26	Wednesday 9/30/26	Thursday 10/1/26	Friday 10/2/26
Breakfast - Grains, or Meat/meat alternate (no more than 3 times per week) - Vegetables or Fruits - Fluid Milk - Other Foods (Bonus)	HM Apple Cinnamon WW Muffins Mixed Berries Milk/Soy/Lactaid*	HM Chilaquiles W/ Salsa Tropical Fruit Milk/Soy/Lactaid*	CP Pillsbury Blueberry Mini Waffle 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 Sloppy Joes/lentils on WW Bun HM Popeyes Spinach Salad Sliced Honeydew Milk/Soy/Lactaid*	HM Bean Tostadas Green Salad Mandarin Oranges Milk/Soy/Lactaid* Salsa, Lettuce, Cheese, Tomato, Ranch	HM Crispy Chicken Wrap Ranch Steamed Green Beans Orange Slices Milk/Soy/Lactaid* Mustard/Mayo	HM WW Spaghetti w/ Lentils/Beef Broccoli Pears Milk/Soy/Lactaid* Ranch	
PM Snack, 6-hour class (Select two of these five components) - Fluid Milk - Meat or meat alternate - Vegetables - Fruits - Grains	Snap Peas w/ Ranch Peaches Water	HM Toasted Pita Wedges & Fruit dip Water	String Cheese Honey Maid Graham Crackers Water	Hard Boiled Egg Sliced Honeydew 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