



CACFP One Week Working Menu

Sponsor Name/Site Name: Head Start of Yamhill County

Month and year: October 2026

Meal Patterns	Monday 10/5/26	Tuesday 10/6/26	Wednesday 10/7/26	Thursday 10/8/26	Friday 10/9/26
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*	HM Breakfast Burrito w/ Egg Applesauce Milk/Soy/Lactaid*	HM WW Blueberry Muffins Bananas Milk/Soy/Lactaid*	Yoplait Reduced Sugar Vanilla Yogurt Red Plate Cinnamon Granola Blueberries Milk/Soy/Lactaid*	No School
Lunch - Fluid Milk - Meat or meat alternate - Vegetables - Fruits/Veg - Grains - Other Foods (Bonus)	HM Bean & Cheese Burrito on WW Tortilla Green Salad Tropical fruit Milk/Soy/Lactaid* Ranch	HM Chicken Quesadilla on WW Tortilla Steamed Corn & Peas Orange Slices Milk/Soy/Lactaid* Salsa	HM Turkey Pepperoni Pizza Steamed Green beans Peaches Milk/Soy/Lactaid* Ranch	HM WG Macaroni and Cheese W/ Chicken Broccoli Sliced Apples Milk/Soy/Lactaid	
PM Snack, 6-hour class (Select two of these five components) - Fluid Milk - Meat or meat alternate - Vegetables - Fruits - Grains	Apple slices String Cheese Water	HM Pumpkin Bread Pineapple Water	HM Black Bean Dip w/ Tostada's Water	Hard Boiled Egg 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.

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

Center: Sheridan MEC Praise Modular Lafayette Newberg