

CACFP One Week Working Menu

Sponsor Name/Site Name: Head Start of Yamhill County

Month and year: October 2026

Meal Patterns	Monday 10/12/26	Tuesday 10/13/26	Wednesday 10/14/26	Thursday 10/15/26	Friday 10/16/26 Friday Class
Breakfast - Grains, or Meat/meat alternate (no more than 3 times per week) - Vegetables or Fruits - Fluid Milk - Other Foods (Bonus)	HM Orange Cranberry Quick Bread Apple Slices Milk/Soy/Lactaid*	HM French Toast Mixed berries Milk/Soy/Lactaid*	HM Whole Wheat Blueberry Muffins Applesauce Milk/Soy/Lactaid*	GM Kix Bananas Milk/Soy/Lactaid*	GM Rice Chex Strawberries Milk/Soy/Lactaid*
Lunch - Fluid Milk - Meat or meat alternate - Vegetables - Fruits/Veg - Grains - Other Foods (Bonus)	HM Tuna Noodle Casserole HM Popeyes Spinach Salad Tropical Fruit Milk/Soy/Lactaid*	HM Chicken Quesadilla on WW Tortilla Baked Banta's & Apples Orange Slices Milk/Soy/Lactaid* Salsa/Ranch	HM Bean Tostadas Green Salad Mandarin Oranges Milk/Soy/Lactaid* Salsa, Cheese, Tomato, Ranch	HM Grilled Cheese on WW Roundtop bread Tomato Soup Pears Milk/Soy/Lactaid*	BYO Turkey/Cheese Sandwich WW Roundtop Bread Carrots & Cucumbers Pineapple Milk/Soy/Lactaid* Mustard/Mayo/Ranch
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	GM Kix String Cheese Water	HM Toasted Pita Wedges & Fruit dip Water	HM Apple Cinnamon WW Muffins String Cheese Water	Honey Maid Graham Crackers Mandarin Oranges 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