

Breakfast Milk ¼ Cup, Fruits/Veggies ½ Cup or ¼ of each, Grains ½ oz. **Lunch** Milk ¼ Cup, Meat (Alternate) 1 ½ oz. Fruits ¼ Cup Veggies ¼ Cup, Grains ½ oz.
Snack Select 2 of the 5 components for snack. Milk ¼ Cup, Meat (Alternate) ½ oz. Fruits/Veggies ½ Cup ¼ of each, Grains ½ oz.

HEAD START OF YAMHILL COUNTY
MEC/ WS / NEWBERG

Oct 2022	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST Oct 3-6	Vanilla Yogurt w/ Granola Blueberries	Kix cereal Bananas	WW or WG banana muffins Applesauce	Vanilla Yogurt w/ Granola Fresh strawberries
LUNCH	Chicken Fingers Whole Wheat Rolls Peas Pears	Spaghetti w/ beef Steam broccoli Peaches	Egg Salad Tostadas Carrots and cumpers ranch Orange Slices	Chicken posole w/ Limes/ cabbage/ radish Tostadas Pineapple
SNACK	Goldfish Crackers, Tropical Fruit	Pretzels, Snap Peas W Ranch	WW Crackers Carrots w/ ranch	String Cheese, Applesauce
BREAKFAST Oct 10-13	Corn Flakes Bananas	WW or WG Banana Muffins, Applesauce	Cheerios and Bananas	Vanilla Yogurt w/ Granola Peaches
LUNCH	Turkey ham/ cheese sandwiches (make your own) Spinach tomatoes cucumber Apple slices	Chili w/ beans Corn bread Spinach salad w/ ranch Orange slices	Chicken enchiladas Snap peas/baby carrots Fresh pineapple	Bean \Cheese Burritos w/ salsa Green Salad w/ Ranch Honey dew
SNACK	Tangerines Animal Crackers	Pretzels, String cheese	Goldfish, Watermelon	String Cheese, Celery Sticks
BREAKFAST Oct 17-29	CLOSED NO SCHOOL	Rice Krispy w/ Bananas	WW French toast Applesauce	Vanilla Yogurt w/ Granola Peaches
LUNCH		Chicken fingers Green salad Whole Wheat rolls Pear slices	Sloppy joes w/ ww bun Steamed Mixed Veggies Orange Slices	Cheese Quesadillas Broccoli w/ ranch Cantaloupe
SNACK		Pretzels, string cheese	Goldfish Crackers, fresh blueberries	Animal Crackers, Applesauce
BREAKFAST Oct 24-27	Cinnamon Life Cereal, Bananas	WW Waffles and Applesauce	Scramble eggs w/cheese WW Toast and Peaches	Vanilla Yogurt w/ Granola Fresh Blueberries
LUNCH	W.W Pizza w/ Turkey Pepperoni Spinach salad w/Ranch Apple slices	Hamburger w/ WW Bun Cheese, tomatoes, lettuces Oranges	Chicken legs Sweet raw peppers Wheat rolls Cantaloupe	Lentil or garbanzo soup Mix vegetables WG Tortillas chips Apples
SNACK	Pretzels, Snap Peas W/ Ranch	String Cheese, Goldfish	Wheat Thins, Fresh strawberries	White cheddar rice cakes String cheese

“This institution is an equal opportunity provider.”

*1% Milk served with every meal. **All grains served are whole grain (WG) or whole wheat (WW).

Menus are subject to change.

*Designates meat free item