

Breakfast

WOODSON YMCA CHILD CARE MENU

Week1	Coco Puffs & Applesauce BBQ Sliders on WG Dinner Roll Sweet Potato Fries & Cantaloupe	WG Pancakes with Maple Syrup & Pears Alt: DF, GF Pancake WG Cheese Quesadilla, Carrot Sticks	WG Blueberry Bread & Banana Alt: Bagel Cheesy Chicken Pasta	5 Blueberry Parfait with Granola & Blueberries Alt. Bagel Turkey & Cheese on WG Bread	Cinnamon Toast Crunch & Banana WG Corndogs with Ketchup
	Strawberry Chex Mix & Milk	& Strawberries Under 2: Steamed Carrots WG Sunchips & String Cheese Under 2: Ritz	WG BreadStick, Mixed Vegetables & Tropical Fruit Alt: Pasta, Diced Chicken Goldfish Snack Mix & Milk	Cucumber Slices with Ranch & Pineapple Under 2: Steamed Peas Pita Bread with Cucumber Dip & Milk	Steamed Carrots, Orange Slices & WG Dinner Roll Under 2: Pears / Alt: Chicken Strips Animal Crackers & Applesauce
	9	10	11	12	13
Week 2	Trix Cereal & Blueberries	WG Pancake Bites with Maple Syrup	WG Blueberry Muffin & Banana	WG Biscuit with Jelly & Blueberries	Cheerios & Banana
	WG Cheese Pizza Green Beans & Apple Slices Under 2 Apple Sauce / Alt. DF Pizza	& Applesauce Alt DF EF Waffle Beef Tacos with WG Tortilla Steamed Peas & Fresh Raspberries	Alt: GF, EF Muffin Chicken Patty on WG Bun with Mayo, Tator Tots & Pineapple	WG Cheese Pizza, Green Beans & Tropical Fruit Cheddar Snack Mix	WG Chicken Nuggets with BBQ Sauce, Carrot Sticks with Ranch & Pears Under 2: Steamed Veggie
	Graham Crackers & Cantaloupe Under 2 Diced	Taco: Cheese, Sour Cream, Lettuce Alt: Lettuce, Taco Sauce Apple Slices & Cheese Cubes Under 2: Apple Sauce & String Cheese	Bug Bites & Clementine Under 2: Apple Chippers	Cheddar Snack Mix 100% Apple Juice Under 1: No Juice	Cheddar Snack Mix Alt: Giant Goldfish 100% Apple Juice Under 1: No Juice
	16	- 11	10	10	30
Week 3	Cinnamon Toast Cereal & Pears Meatballs & Gravy Over WG Pasta	17 WG Blueberry Waffle & Apple Slices Alt: EF Waffle	WG Apple Muffin & Banana Alt: Cereal Chef Salad with WG Breadstick	WG Bagel with Cream Cheese & Strawberries Alt: EF Bagel	Cheerios & Banana Hot Ham & Swiss on WG Crossiant
	Steamed Corn & Pineapple Ritz Crackers, Taco Dip & Milk	Bosco Sticks with Marinara Steamed Peas & Fruit Cocktail	& Watermelon Chef Salad: Lettuce, Cheese, Diced Ham, Bacon Bits, French Dressing Alt: No Cheese / Under 2: Green Beans	Salisbury Steak, Mashed Potatos Applesauce & WG Dinner Roll Alt: Chicken Patty, Carrots	Carrot Sticks & Fresh Blueberries Under 2: Steamed Carrots Alt: Ham Sandwich on WG Bread
		WG Cinnamon Oatmeal Round & Milk	Cottage Cheese & Peaches Alt. Giant Goldfish	Chez Its & Milk Alt: Plain Cereal Mix	Animal Crackers & Clementines Under 2 Peaches
Week 4	23	24	25	26	27
	Rice Crispy Cereal & Pears	French Toast Sticks with Maple Syrup	WG Pumpkin Bread & Banana	Strawberry Cream Cheese Bagel &	Coco Puffs & Banana
	Mac & Cheese, Diced Ham Green Beans & Tropical Fruit Alt: Buttered Pasta	& Peaches Alt EF, DF Waffle Chicken Strip Wrap with WG Tortilla Steamed Broccoli & Mandarin Oranges	Alt: Cereal Turkey & Gravy, Mashed Potatoes Mixed Berries & WG Dinner Roll	Applesauce Alt EF,DF Bagel Cheeseburger on WG Bun with Ketchup Tator Tots & Strawberries	WG Zoo Nuggets w/ BBQ Steamed Carrots, Watermelon & WG Breadstick
	WG Pretzel Bites with Cheese Sauce & Milk	Wrap: Lettuce, Cheese, Ranch Alt: No Cheese, No Ranch	Alt: Mixed Vegetable	Trix Yogurt with Sprikles	Graham Crackers & Pineapple Cup
	& MIIK	Oyster Crackers & String Cheese	Apple Slices & Bug Bites Under 2 Applesauce	Alt: DF Yogurt	
Week 5	30				
	WG Bagel with Cream Cheese & Blueberries Alt: Jelly				
	Build your Own Mashed Potatos Raspberries & WG Bread with Butter Add: Diced Ham, Shredded Cheese, Butter Bacon Bites, Sour Cream				
	Chex Mix & String Cheese				

Alt: is for Allergies | *Note: Children ages 1-2 will be provided with whole milk, children ages 3 and above will be served 1% milk. All milk served is pasteurized and fortified with Vitamins A&D.