## **WOODSON YMCA CHILD CARE MENU**

	4	5	6	7	8
Week 5	WG Bagel with Cream Cheese & Blueberries Alt: Jelly	Yogurt Parfait with Granola & Peaches Alt: Cereal	<b>WG Banana Muffin &amp; Banana</b> Alt: EF Bagel	WG Blueberry Pancakes w/Maple Syrup & Appplesauce Alt: DF Waffle	Cheerios & Banana
	Build your Own Mashed Potatos Raspberries & WG Bread with Butter Add: Diced Ham, Shredded Cheese, Butter	Chicken Casserole with WG Rice Green Beans & Pineapple WG Banana Oatmeal Round & Milk	Ham & Cheese Sandwich on WG Bread, Celery Sticks with Ranch & Peaches	Pizza Bake with WG Pasta Steamed Cauliflower & Mandarin Oranges	Popcorn Chicken, Steamed Corn Watermelon & WG Dinner Roll WG Goldfish Cracker 100% Apple Juice Under 1: No Juice
	Bacon Bites, Sour Cream  Chex Mix & String Cheese	WG Ballalla Gathleal Roulld & Milk	<b>Tortilla Chips with Salsa</b> Under 2: Ritz Cracke	<b>Apple Slices with Caramel</b> Under 2 Apple Chippers	100% Apple Juice Officer (: No Juice
	11	12	13	14	15
Week 1	Coco Puffs & Applesauce BBO Sliders on WG Dinner Roll	WG Pancakes with Maple Syrup & Pears Alt: DF, GF Pancake	WG Blueberry Bread & Banana Alt: Bagel	Blueberry Parfait with Granola & Blueberries Alt: Bagel	Cinnamon Toast Crunch & Banana
	Sweet Potato Fries & Cantaloupe Strawberry Chex Mix & Milk	WG Cheese Quesadilla, Carrot Sticks & Strawberries Under 2: Steamed Carrots	Cheesy Chicken Pasta WG BreadStick, Mixed Vegetables	Turkey & Cheese on WG Bread Cucumber Slices with Ranch	WG Corndogs with Ketchup Steamed Carrots, Orange Slices
	,	WG Sunchips & String Cheese Under 2: Ritz	& Tropical Fruit Alt: Pasta, Diced Chicken  Goldfish Snack Mix & Milk	& Pineapple Under 2: Steamed Peas Pita Bread with Cucumber Dip	<b>&amp; WG Dinner Roll</b> Under 2: Pears / Alt: Chicken Strips
		Onder 2. Niz	GOIGHSH SHACK MIX & MIIK	& Milk	Animal Crackers & Applesauce
	18	19	20	21	22
Week 2	Trix Cereal & Blueberries	WG Pancake Bites with Maple Syrup & Applesauce Alt: DF EF Waffle	WG Blueberry Muffin & Banana Alt: GF. EF Muffin	WG Biscuit with Jelly & Blueberries	Cheerios & Banana
	<b>WG Cheese Pizza</b> <b>Green Beans &amp; Apple Slices</b> Under 2 Apple Sauce / Alt: DF Pizza	Beef Tacos with WG Tortilla Steamed Peas & Fresh Raspberries	Chicken Patty on WG Bun with Mayo, Tator Tots & Pineapple	WG Cheese Pizza, Green Beans & Tropical Fruit	WG Chicken Nuggets with BBQ Sauce, Carrot Sticks with Ranch & Pears Under 2: Steamed Veggie
	Graham Crackers & Cantaloupe	Taco: Cheese, Sour Cream, Lettuce Alt: Lettuce, Taco Sauce	Bug Bites & Clementine	Cheddar Snack Mix 100% Apple Juice Under 1: No Juice	Cheddar Snack Mix Alt: Giant Goldfish
	Under 2 Diced	Apple Slices & Cheese Cubes Under 2: Apple Sauce & String Cheese	Under 2: Apple Chippers		100% Apple Juice Under 1: No Juice
	25	26	27	28	29
Week 3	Cinnamon Toast Cereal & Pears	WG Blueberry Waffle & Apple Slices	WG Apple Muffin & Banana Alt: Cereal	WG Bagel with Cream Cheese	Cheerios & Banana
	Meatballs & Gravy Over WG Pasta Steamed Corn & Pineapple	Alt: EF Waffle  Bosco Sticks with Marinara	Chef Salad with WG Breadstick & Watermelon Chef Salad: Lettuce, Cheese,	& Strawberries Alt: EF Bagel Salisbury Steak, Mashed Potatos	Hot Ham & Swiss on WG Crossiant Carrot Sticks & Fresh Blueberries
	Ritz Crackers, Taco Dip & Milk	Steamed Peas & Fruit Cocktail WG Cinnamon Oatmeal Round	Diced Ham, Bacon Bits, French Dressing Alt: No Cheese / Under 2: Green Beans	Applesauce & WG Dinner Roll  Alt: Chicken Patty, Carrots	Under 2: Steamed Carrots Alt: Ham Sandwich on WG Bread
		& Milk	Cottage Cheese & Peaches Alt: Giant Goldfish	Chez Its & Milk Alt: Plain Cereal Mix	Animal Crackers & Clementines Under 2 Peaches