



# November 2024

## WOODSON YMCA CHILD CARE MENU

<b>Week 5</b>	<b>4</b> WG Bagel with Cream Cheese & Blueberries <i>Alt: Jelly</i> Vegetable Soup Chicken Patty on WG Bun Mixed Fruit Chex Mix & String Cheese	<b>5</b> Yogurt Parfait with Granola & Peaches <i>Alt: Cereal</i> BBQ Pulled Pork on WG Bun Baked Beans, Pineapple WG Banana Oatmeal Round & Milk	<b>6</b> WG Banana Muffin & Banana <i>Alt: EF Bagel</i> Chicken Casserole w/Rice Green Beans and Fresh Raspberries Tortilla Chips with Salsa <i>Under 2: Ritz Cracker</i>	<b>7</b> WG Blueberry Pancakes w/Maple Syrup & Applesauce <i>Alt: DF Waffle</i> WG Pepperoni Pizza Cauliflower Mandarin Oranges Apple Slices with Caramel <i>Under 2: Apple Chippers</i>	<b>8</b> Cheerios & Banana Popcorn Chicken, Steamed Corn Watermelon & WG Dinner Roll WG Goldfish Cracker 100% Apple Juice <i>Under 1: No Juice</i>			
	<b>Week 1</b>	<b>11</b> Trix Cereal & Applesauce Sloppy Joe on WG Bun Smiley Fries and Tropical Fruit Strawberry Chex Mix & Milk	<b>12</b> WG Pancakes with Maple Syrup & Strawberries <i>Alt: DF, GF Pancake</i> WG Cheese Quesadilla, Broccoli & Strawberries WG Sunchips & String Cheese <i>Under 2: Ritz</i>	<b>13</b> WG Blueberry Bread & Banana <i>Alt: Bagel</i> Chicken Pot Pie over WG Biscuit Green Beans and Fresh Raspberries Goldfish Snack Mix & Milk	<b>14</b> Cheese Omelet & Blueberries <i>Alt: Bagel</i> Spaghetti w/Meatsauce Pasta Peas, Pineapple and WG Garlic Bread Pita Bread with Cucumber Dip & Milk	<b>15</b> Cinnamon Toast Crunch & Banana WG Corndogs with Ketchup Steamed Carrots, Orange Slices & WG Dinner Roll <i>Under 2: Pears / Alt: Chicken Strips</i> Animal Crackers & Applesauce		
		<b>Week 2</b>	<b>18</b> Rice Crispy Cereal & Blueberries Chicken Alfredo, w/Pasta Broccoli, Peaches WG Garlic Bread Graham Crackers & Cantaloupe <i>Under 2 Diced</i>	<b>19</b> WG Pancake Bites with Maple Syrup & Applesauce <i>Alt: DF EF Waffle</i> Beef Tacos with WG Tortilla Steamed Peas & Fresh Raspberries <i>Taco: Cheese, Sour Cream, Lettuce Alt: Lettuce, Taco Sauce</i> Apple Slices & Cheese Cubes <i>Under 2: Apple Sauce &amp; String Cheese</i>	<b>20</b> WG Blueberry Muffin & Banana <i>Alt: GF, EF Muffin</i> Hot Turkey and Swiss on WG Croissant French Fries, Apple Slices Bug Bites & Clementine <i>Under 2: Apple Chippers</i>	<b>21</b> WG Apple Strudle and Strawberries Homemade Pita Cheese Fries w/Marinara Broccoli and Honey Dew Honey Ham Stick Oyster Crackers	<b>22</b> Cheerios & Banana WG Chicken Nuggets with BBQ Sauce, Carrots Watermelon and WG Dinner Roll Cheddar Snack Mix 100% Apple Juice <i>Under 1: No Juice</i>	
			<b>Week 3</b>	<b>25</b> Cinnamon Toast Cereal & Pears Goulash (Beef Crumbles, Corn, Pasta Marinara) Green Beans Tropical Fruit Ritz Crackers, Taco Dip & Milk	<b>26</b> Waffles <i>Alt: EF Waffle</i> w / Maple Syrup Peaches Bosco Sticks with Marinara Steamed Peas & Fruit Cocktail WG Cinnamon Oatmeal Round & Milk	<b>27</b> WG Apple Muffin & Banana <i>Alt: Cereal</i> <b>THANKSGIVING LUNCH</b> Diced Turkey w/ Gravy Mashed Potatos, Stuffing, Mandarin Oranges and Dinner Roll WG Cheetos Puffs	<b>28</b> <b>Happy Thanksgiving</b> <b>Center Closed</b> 	<b>29</b> Cheerios & Banana WG Wow Butter Sandwich Carrot Sticks and Strawberries <i>Under 2: Carrots</i> WG Chez Its