## December 2024

Breakfast

Lunch

## **WOODSON YMCA CHILD CARE MENU**

Week 4	Rice Crispy Cereal & Pears  Mac & Cheese, Diced Ham Green Beans & Tropical Fruit	Sausage Breakfast Sandwich on WG Biscuit & Peaches Alt: Bagel Chicken Noodle Soup, 1/2 Ham	WG Pumpkin Bread & Banana Alt: Cereal  Meatballs and Gravy over WG Rice,	5 Strawberry Cream Cheese Bagel & Applesauce Alt: EF,DF Bagel Cheeseburger on WG Bun with Ketchup	WG Blueberry Chex Cereal Banana WG Zoo Nuggets w/BBQ Corn, Watermelon & WG
	Alt: Buttered Pasta WG Pretzel Bites with Cheese Sauce & Milk	Sandwich on WG Bread, Carrots & Mandarin Oranges  Oyster Crackers & String Cheese	Broccoli and Mixed Berries  Apple Slices & Bug Bites	Tator Tots & Fresh Raspberries  Trix Yogurt with Sprikles  Alt: DF Yogurt	Breadstick Graham Crackers & Pineapple Cup
		Oyster Crackers & String Cricese	Under 2 Applesauce		
Week 5	9	10	11	12	13
	WG Bagel with Cream Cheese & Blueberries Alt: Jelly	Yogurt Parfait and Peaches	WG Banana Muffin & Banana Alt: EF Bagel	WG Blueberry Pancakes w/Maple Syrup & Appplesauce Alt DF Waffle	Cheerios & Banana Popcorn Chicken, Steamed Corn
	Vegetable Soup, Chicken Patty on WG Bun, Mixed Fruit	BBQ Pulled Pork on WG Bun Baked Beans and Pineapple	Chicken Casserole w/Rice Green Beans and Fresh	WG Pepperoni Pizza Steamed Cauliflower	Watermelon & WG Dinner Roll
	Chex Mix & String Cheese	Under 1: Pears WG Banana Oatmeal Round & Milk	Raspberries Tortilla Chips with Salsa Under 2: Ritz Cracke	Mandarin Oranges Apple Slices with Caramel	WG Goldfish Cracker
	Chex Mix & String cheese		Orider 2. Niz Cracke	Under 2 Apple Chippers	
Week1	16	17 Charm Strudgland Strawbarries	18	19	20
	Trix Cereal & Applesauce	Cherry Strudel and Strawberries	WG Blueberry Bread & Banana	Cheese Omelet & Blueberries	Cinnamon Toast Crunch
	Sloppy Joes on WG Bun	WG Cheese Quesadilla	Alt: Bagel	Alt: Bagel	& Banana
	Smiley Fries & Tropical Fruit  Strawberry Chex Mix & Milk	Vegetable Blend and Mandarin Orange	Chicken Pot Pie on WG Biscuit & Fresh Raspberries Alt: WG Dinner Roll	Spaghetti w/ Meatsauce WG Pasta, Steamed Peas Pineapple Under!: Pears	WG Corndogs with Ketchup Cauliflower, Pears & WG Dinner Roll
		WG Sunchips & String Cheese Under 2: Ritz	Goldfish Snack Mix & Milk	Pita Bread with Cucumber Dip & Milk	Alt: Chicken Strips Animal Crackers w/Funfetti Dip
Week 2	23	24	25	26	27
	Rice Crispies & Blueberries	WG Apple Muffin and Banana	Christmas Center Closed	WG Apple Strudle and Raspberries	Cheerios & Banana
	Chicken Alfredo w/WG Pasts Broccoli and Peaches, WG Garlic	Pepperoni Pizza		Wow Butter Sandwich Broccoli & Honey Dew	WG Chicken Nuggets with
	Bread	Baby Carrots & Applesauce Cup		Cheddar Snack Mix	BBQ Sauce, Corn & Pears WG Dinner Roll
	Ritz Crackers and Cheese Cubes	Graham Crackers		100% Apple Juice Under1: No Juice	Cheddar Snack Mix
	The council of the chief council	Pudding Cup			21111 211212111
	20	24			
Week 3	30	31			
	Cinnamon Toast Cereal & Pears	WG Blueberry Waffle & Apple Slices Alt: EF Waffle			
	Goulash Green Beans and Tropical Fruit				
	·	Bosco Sticks with Marinara Cheesy Caulflower & Fruit Cocktail			
	Ritz Crackers, Taco Dip & Milk	WG Cinnamon Oatmeal Round			
		& Milk			<b>♥</b>

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.