

Breakfast

## **WOODSON YMCA CHILD CARE MENU**

|        |  |   | 1 **  | 2  | 3   |
|--------|--|---|---|--|---|
| Week1  |  |   | ·LAPPY  | Cheese Omelet, Blueberries                                       | Cinnamon Toast Crunch<br>& Banana   |
|        |  |   | 3 574 2 *   | Spagheti w/ Meatsauce and<br>WG Pasta , Peas and Pineapple       | WG Corndogs with Ketchup<br>Steamed Carrots, Tropical Fruit<br>& WG Dinner Roll |
|        |  |   |   | Pita Bread with Cucumber Dip<br>& Milk                           | Animal Crackers & Applesauce  |
| 6      |  | 7   | 8   | 9  | 10  |
| Week 2 | WG Cheerios, Blueberries                                   | WG Blueberry Muffin and   | WG Pancake Bites and Strawberries                                 | Cherry Strudel and Mixed Berries                                 | Cheerios & Banana   |
|        | Chicken Alfredo w/ WG<br>Pasta, Green Beans &<br>Peaches   | Bannana<br>Chili w/ Saltines                                    | Chicken Patty on WG Bun<br>with Mayo, Corn & Pineapple            | Homemade Cheese Fries w/<br>Marinara<br>Carrots and Apple Slices | WG Chicken Nuggets Broccoli,<br>Honey Dew WG Dinner Roll                        |
|        |  | WG Pasta, Peas  | Bug Bites & Clementine  |  | Cheddar Snack Mix Alt: Giant Goldfish   |
|        | Graham Crackers & Pudding Cup                              | Fresh Raspberries   | Under 2: Apple Chippers   | Honey Ham Stick  | 100% Apple Juice Under 1: No Juice  |
|        |  | Ritz Crackers and Cheese Cube                                   |   | with Oyster Crackers   |   |
|        | 13   | 14  | 15  | 16   | 17  |
| Week 3 | Cinnamon Toast Cereal & Pears                              | WG Apple Muffin and Banana                                      | Blueberry Waffle w/Maple Syrup Apple Slices                       | WG Bagel w/Cream Cheese<br>Blueberries                           | Cheerios & Banana   |
|        | Goulash Green Beans and Tropical Fruit                     | WG Bosco Sticks w/ Marinara<br>Cauliflower and Mandarin Oranges | Chicken Cutlet w/BBQ<br>Seasoned Rice, Peas<br>Cantaloupe         | WG Ravioli w/ Marinara<br>Broccoli & Applesauce                  | WG Grilled Cheese Sandwich,<br>Tomato Soup,Strawberries                         |
|        | Ritz Crackers, Taco Dip<br>Milk                            | WG Cinnamon Oatmeal Round<br>& Milk                             | Baked Lays with Baby Carrots Under 2:Saltines and String Cheese   | Chez Its & String Cheese   | <b>Animal Crackers &amp; Clementines</b><br>Under 2 Peaches                     |
|        |  |   |   |  |   |
| Week 4 | 20   | 21  | 22  | 23   | 24  |
|        | Rice Crispy Cereal & Pears                                 | WG Pumpkin Bread and Banana                                     | French Toast Sticks and Peaches                                   | Strawberry Cream Cheese Bagel<br>& Applesauce Alt: EF,DF Bagel   | WG Chex & Banana  |
|        | Mac & Cheese, Diced Ham<br>Green Beans & Tropical<br>Fruit | BBQ Chicken Sandwich on WG Bun<br>Steamed Broccoli              | Turkey & Gravy, Mashed<br>Potatoes Mixed Berries & WG             | Cheeseburger on WG Bun w/ Ketchup Tator Tots & Strawberries      | WG Zoo Nuggets w/ BBQ<br>Steamed Carrots, Watermelon<br>& WG Breadstick         |
|        | WG Pretzel with Sidekicks                                  | Mandarin Oranges  | Dinner Roll   | Tator Tots & Strawberries  | Graham Crackers & Funfetti Dip  |
|        | WOTTELLETWINTSIDERICKS                                     | Oyster Crackers & String Cheese                                 | Goldfish Snack Mix  | Tortilla Chips w/ Cheese Sauce                                   | Granam crackers & rannetti Sip  |
|        | 27   | 28  | 29  | 30   | 21  |
| Week 5 | WG Bagel with Cream Cheese<br>& Blueberries                | Vanilla Yogurt and Peaches                                      | WG Banana Muffin and Banana                                       | Blueberry Pancakes w/ Maple Syrup Applesauce                     | 31<br>WG Cheerios and Banana  |
|        | Vegetable Soup<br>Chicken Patty on WG Bun                  | BBQ Pulled Pork on WG Bun<br>Baked Beans and Pears              | Chicken Casserole w/ WG Rice<br>Green Beans and Fresh Raspberries | WG Pepperoni Pizza   | Popcorn Chicken<br>Steamed Corn, Watermelon<br>WG Dinner Roll                   |
|        | Mixed Fruit Chex Mix & String Cheese                       | WG Banana Oatmeal Round   | Tortilla Chips w/ Salsa Cup                                       | Apple Slices w/ Brown Sugar Dip                                  | WG Gold Fish Crackers<br>Clementine   |
|        | Chex Mix & String Cheese                                   |   |   |  |   |

\*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.