

**April 2019**

**WCDC MENUS**

(Weeks 5-1)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY											
<b>1</b>	Cereal-Toasted Oats (WG) Juice-Orange Pineapple Sloppy Joe/Bun (WG) Sweet Potato Fries Mixed Fruit 1/2 Cheese Stick (2-5 yr) Tortilla Chips (WG)/Salsa	<b>B</b>	<b>LUNCH</b>	<b>2</b>	Oven Pancake (WG) Banana Spaghetti Lettuce w/dressing Cinnamon Apples Chex Mix (WG)	<b>B</b>	<b>LUNCH</b>	<b>3</b>	English Muffin Mandarin Oranges Ham & Noodles (WG) Peas Tropical Fruit Bagel (WG)/Cream Cheese	<b>B</b>	<b>LUNCH</b>	<b>4</b>	Cinnamon Biscuit (WG) Applesauce Chicken Patty (WG) Lettuce w/dressing Apricots Cottage Cheese/Peaches/ Water	<b>B</b>	<b>LUNCH</b>	<b>5</b>	Cereal-Rice Chex (WG) Juice-Fruit Punch Grilled Cheese Sandwich (WG) Cucumber Slices Apple Slices Strawberry Yogurt Boiled Egg/Oyster Crackers /Pretzels (6-12 yr)/Water	<b>B</b>	<b>LUNCH</b>
<b>8</b>	Cereal-Crispix Juice-Strawberry Banana Hamburger Pizza (WG) Corn Pears Goldfish Crackers (WG)	<b>B</b>	<b>LUNCH</b>	<b>9</b>	Waffle (WG) Banana Ranch Chicken Sweet Potatoes Fruit Cocktail Brown Rice Pilaf (WG) Graham Crackers (WG)	<b>B</b>	<b>LUNCH</b>	<b>10</b>	Applesauce Squares (WG) Mandarin Oranges Meatloaf (WG) Mashed Potatoes Pineapple Wheat Thins (WG)	<b>B</b>	<b>LUNCH</b>	<b>11</b>	Toasted Bagel (WG) Applesauce Chicken Pot Pie Mixed Vegetables (in pie) Peaches Bread/Butter (WG) Bird Seed (WG)	<b>B</b>	<b>LUNCH</b>	<b>12</b>	Cereal-Life (WG) Juice-Apple Taco Salad Mandarin Oranges Cheesy Breadstick Oatmeal Muffins (WG)	<b>B</b>	<b>LUNCH</b>
<b>15</b>	Cereal-Crisped Rice Juice-Cherry Marinara Meatballs Romaine Lettuce w/Dressing Mixed Fruit Garlic Breadstick (WG) Cinnamon Bears (WG)	<b>B</b>	<b>LUNCH</b>	<b>16</b>	French Toast Sticks (WG) Banana Hotdogs & Beans Tropical Fruit Bread/Butter (WG) Saltine Crackers	<b>B</b>	<b>LUNCH</b>	<b>17</b>	Pumpkin Muffin Mandarin Oranges Salsa Chicken Burrito (WG) Romaine Lettuce w/Dressing Apricots Cheese Stick/Tortilla Chips (WG)/Water	<b>B</b>	<b>LUNCH</b>	<b>18</b>	Biscuit (WG) Applesauce Goulash (WG) Carrots Cinnamon Apples Ranch Oyster Crackers	<b>B</b>	<b>LUNCH</b>	<b>19</b>	Cereal-MultiGrain Cheerios (WG) Juice-Grape Rib Patty/Bun (WG) Broccoli w/dip Orange Slices Bologna Rollup (WG)/Water	<b>B</b>	<b>LUNCH</b>
<b>22</b>	Cereal-Corn Chex Juice-Citrus Punch Italian Chicken Patty/Bun (WG) Baked Beans Pears CheezIt Crackers (WG)	<b>B</b>	<b>LUNCH</b>	<b>23</b>	Mini Maple Pancakes (WG) Banana Cheese Pizza (WG) Lettuce w/dressing Fruit Cocktail Cottage Cheese Strawberry Yogurt/Toasted Oats (WG)/Water	<b>B</b>	<b>LUNCH</b>	<b>24</b>	Vanilla Muffin Bar (WG) Mandarin Oranges Beef/Bean/Cheese Burrito (WG) Green Beans Pineapple Townhouse Crackers/ Cheese/Water	<b>B</b>	<b>LUNCH</b>	<b>25</b>	Bagel (WG)/Cream Cheese Applesauce Ham Patty Lettuce w/dressing Peaches Macaroni & Cheese (WG) Cinnamon Crackers (WG)	<b>B</b>	<b>LUNCH</b>	<b>26</b>	Cereal-Kix (WG) Juice-Berry Ham & Cheese Pita (WG) Carrot Sticks w/dip Apple Slices Corn Muffin Squares (WG)	<b>B</b>	<b>LUNCH</b>
<b>29</b>	Cereal-Toasted Oats (WG) Juice-Orange Pineapple Loose Meat Sandwich (WG) Tater Tots Mixed Fruit 1/2 Cheese Stick (2-5 yr) Tortilla Chips (WG)/Salsa	<b>B</b>	<b>LUNCH</b>	<b>30</b>	Oven Pancake (WG) Banana Chicken Alfredo Lettuce w/dressing Apricots Spaghetti Noodles Chex Mix (WG)	<b>B</b>	<b>LUNCH</b>					<b>No School Day</b>							
								<b>Early Release</b>				<p><b>Milk is served unless otherwise noted. (WG)=Whole Grain</b></p> <p>White skim milk is served (1 fat gram/cup).</p> <p>White whole milk is served to 1 year olds (18 fat grams/cup).</p> <p>8th Continent soy milk is substituted for some children.</p> <p>Fruit is substituted for juice for some children.</p>							