

February 2020

WCDC MENU

(Weeks 2-5)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY														
3	Cereal-Crispix Juice-Strawberry Banana	B		4	Oatmeal (WG) Banana	B		5	Apple Sauce Squares (WG) Mandarin Oranges	B		6	Toasted Bagel (WG) Applesauce	B		7	Cereal-Life (WG) Juice-Apple	B				
	Chicken Nuggets (WG) Baked Beans Pears	LUNCH			Cowboy Casserole Peas Fruit Cocktail Tortilla Chips (WG)	LUNCH			BBQ Cocktail Weiners Green Beans Peaches Macaroni & Cheese (WG)	LUNCH			Cold Cut Pita Sandwich (WG) Beets Pineapple Bird Seed (WG)	LUNCH			Chili Cucumbers w/dip Apple Slices Saltine Crackers Banana Bread (WG)	LUNCH				
	Goldfish Crackers (WG)	S			Graham Crackers (WG)	S			Wheat Thins (WG)	S			Bird Seed (WG)	S			Banana Bread (WG)	S				
10	Cereal-Crisped Rice Juice-Cherry	B		11	Chocolate Malt O Meal Banana	B		12	Pumpkin Muffin Mandarin Oranges	B		13	Biscuit (WG) Applesauce	B		14	Cheerios (WG) Juice-Grape	B				
	Mexican Pizza (WG) Corn Mixed Fruit	LUNCH			Chicken & Cheese Burrito (Romaine Lettuce Salad Tropical Fruit	LUNCH			Tator Tot Casserole Apricots WG Garlic Breadstick	LUNCH			Applesauce Chicken & Noodles Romaine Lettuce Salad Cinnamon Apples	LUNCH			Ham & Bean Soup Carrot Sticks w/dip Mandarin Oranges Homemade Bread (WG) Animal Crackers	LUNCH				
	Cinnamon Bears (WG)	S			Saltine Crackers	S			Cheese Stick-Tortill chips	S			Ranch Oyster Crackers	S			Cereal-Kix (WG) Juice-Berry	B				
17	Cereal-Corn Chex (WG) Juice-Citrus Punch	B		18	Malt O Meal Banana	B		19	Apple Breadstick (WG) Mandarin Oranges	B		20	Bagel w/Cream Cheese (W/ Applesauce	B		21	Cereal-Rice Chex (WG) Juice-Fruit Punch	B				
	BBQ Meatballs Mashed Potatoes Pears Garlic Breadstick	LUNCH			(WG) Green Beans Fruit Cocktail Strawberry Yogurt Toasted Oats (WG)	LUNCH			Cheeseburger Casserole Carrots Pineapple Bread/Butter (WG) Crackers/Cheese slice	LUNCH			Tuna & Noodles (WG maca Mixed Vegetables Peaches Cinnamon Cracker (WG)	LUNCH			Chicken Noodle Soup Broccoli w/dip Orange Slices Saltine Crackers Sweet Potato Muffins (WG)	LUNCH				
	Cheerit Crackers (WG)	S			Cream of Wheat Banana Spaghetti Lettuce Salad Cinnamon Apples	LUNCH			Toasted English Muffin Mandarin Oranges macaroni Peas Tropical Fruit Bagel (WG)/Cream Ch	LUNCH			Cinnamon Biscuit (WG) Applesauce Chicken Patty (WG) Lettuce Salad Apricots Bun (WG) (6-12 yr olds) Cottage Ch./Peaches	LUNCH			Cereal-Rice Chex (WG) Juice-Fruit Punch Grilled Cheese (WG) Tomato Soup Apple Slices Strawberry Yogurt Cheese/ Pretzels/Oyster crackers	LUNCH				
24	Toasted Oats (WG) Juice-Orange Pineapple	B		25	Cream of Wheat Banana Spaghetti Lettuce Salad Cinnamon Apples	B		26	Toasted English Muffin Mandarin Oranges macaroni Peas Tropical Fruit Bagel (WG)/Cream Ch	B		27	Cinnamon Biscuit (WG) Applesauce Chicken Patty (WG) Lettuce Salad Apricots Bun (WG) (6-12 yr olds) Cottage Ch./Peaches	B		28	Cereal-Rice Chex (WG) Juice-Fruit Punch Grilled Cheese (WG) Tomato Soup Apple Slices Strawberry Yogurt Cheese/ Pretzels/Oyster crackers	B				

No School Day

Early Release

Milk is served unless otherwise noted. (WG)=Whole Grain

White skim milk is served (1 fat gram/cup).

White whole milk is served to 1 year olds (18 fat grams/cup).

8th Continent soy milk is substituted for some children.

**Egg free substitution provided.