

February 2019

WCDC MENUS

(Weeks 5-8)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
No School Day Early Release								1 Cereal-Kix (WG) B Juice-Berry Chicken Noodle Soup Broccoli w/Dip Orange Slices Saltine Crackers Sweet Potato Muffins (WG) S	
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. Fruit is substituted for juice for some children.									
4 Cereal-Toasted Oats (WG) B Juice-Orange Pineapple Sloppy Joe Sandwich (WG) Sweet Potato Fries Mixed Fruit 1/2 Cheese Stick (2-5 yr) _____ Goldfish Crackers (WG) S	5 Cream of Wheat B Banana Spaghetti Lettuce w/Dressing Cinnamon Apples _____ Chex Mix (WG) S	6 English Muffin B Mandarin Oranges Ham & Noodles (WG) Peas Tropical Fruit _____ Bagel (WG)/Cream Cheese S	7 Cinnamon Biscuit (WG) B Applesauce Chicken Patty (WG) Lettuce w/Dressing Apricots _____ Cottage Cheese/Peaches/ Water S	8 Cereal-Rice Chex (WG) B Juice-Fruit Punch Grilled Cheese Sandwich (WG) Tomato Soup Apple Slices Strawberry Yogurt _____ Boiled Egg/Oyster Crackers/ Pretzels (6-12)/ Water S					
11 Cereal-Crispix B Juice-Strawberry Banana Hamburger Pizza (WG) Corn Pears _____ Apple Toasted Oats (WG) S	12 Oatmeal (WG) B Banana Ranch Chicken Sweet Potatoes Fruit Cocktail Rice Pilaf (WG) Graham Crackers (WG) S	13 Applesauce Squares (WG) B Mandarin Oranges Meatloaf (WG) Mashed Potatoes Pineapple _____ Wheat Thins (WG) S	14 Toasted Bagel (WG) B Applesauce Chicken Pot Pie Mixed Vegetables (in pie) Peaches Bread/Butter (WG) Bird Seed (WG) S	15 Cereal-Life (WG) B Juice-Apple Taco Salad Mandarin Oranges Cheesy Breadstick _____ Oatmeal Muffin (WG) S					
18 Cereal-Crisped Rice B Juice-Cherry Marinara Meatballs Romaine Lettuce w/Dressing Mixed Fruit Garlic Breadstick (WG) _____ CheezIt Crackers (WG) S	19 Chocolate Malt O Meal B Banana Beans & Weinies Tropical Fruit Bread/Butter (WG) _____ Saltine Crackers S	20 Pumpkin Muffin (WG) B Mandarin Oranges Salsa Chicken Burrito (WG) Romaine Lettuce w/Dressing Apricots _____ Cheese Stick/Tortilla Chips (WG)/ Water S	21 Biscuit (WG) B Applesauce Goulash (WG) Carrots Cinnamon Apples _____ Ranch Oyster Crackers S	22 Cereal-MultiGrain Cheerios (WG) B Juice-Grape Ham & Potato Soup Orange Slices Homemade Bread (WG) _____ Bologna Rollup (WG)/ Water S					
25 Cereal-Corn Chex (WG) B Juice-Citrus Punch Ital. Chicken Patty/WG Bun Baked Beans Pears _____ Tortilla Chips (WG)/Salsa S	26 Malt O Meal B Banana Cheese Pizza (WG) Lettuce w/Dressing Fruit Cocktail Cottage Cheese Strawberry Yogurt/Toasted Oats (WG)/ Water S	27 Vanilla Muffins (WG) B Mandarin Oranges Beef/Bean/Cheese Burrito (WG) Green Beans Pineapple _____ Townhouse Crackers/ Cheese Slice/ Water S	28 Bagel w/Cream Cheese (WG) B Applesauce Ham Patty Lettuce w/Dressing Peaches Macaroni & Cheese (WG) _____ Cinnamon Crackers (WG) S						