

June 2020

WCDC MENU

(Weeks 7-3)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Cereal-Crisped Rice Juice-Cherry	2	French Toast Sticks (WG) Banana	3	Apple Breadstick (WG) Mandarin Oranges	4	Biscuit (WG) Applesauce	5	MultiGrain Cheerios (WG) Juice-Grape
	Marinara Meatballs Romaine Lettuce Salad Mixed Fruit Garlic Breadstick (WG)		Hotdogs & Beans Tropical Fruit Bread/Butter (WG)		Salsa Chicken Burrito (WG) Romaine Lettuce Salad Apricots		Goulash (WG macaroni) Carrots Cinnamon Apples WG Bread/Butter (KC only)		Rib Patty & Bun Broccoli w/Dip Watermelon
	Cinnamon Bears (WG)		Saltine Crackers		Cheese stick/Tortilla chips		Ranch Oyster Crackers		Bologna Tortilla Rollup (WG)
8	Cereal-Corn Chex (WG) Juice-Citrus Punch	9	Mini Pancakes (WG) Banana	10	Vanilla Muffin Bar (WG) Mandarin Oranges	11	Bagel w/Cream Cheese (WG) Applesauce	12	Cereal-Kix (WG) Juice-Berry
	Italian Chicken Patty on Bun (WG) Baked Beans Pears Cheezit Crackers (WG)		Cheese Pizza (WG) Lettuce Salad Fruit Cocktail Cottage Cheese Strawberry Yogurt & Cheerios		Beef/Bean/Cheese Burrito (WG) Green Beans Pineapple Townhouse crackers/Ch. slices		Ham Patty Lettuce Salad Peaches Macaroni & Cheese (WG)		Ham & Cheese Pita (WG) Carrot Sticks w/Dip Cantaloupe
15	Toasted Oats (WG) Juice-Orange Pineapple	16	Oven Pancake (WG) Banana	17	Toasted English Muffin Mandarin Oranges	18	Cinnamon Biscuit (WG) Applesauce	19	Cereal-Rice Chex (WG) Juice-Fruit Punch
	Loose Meat on Bun (WG) Tator Tots Mixed Fruit 1/2 cheese stick (2-5) Tortilla Chips (WG) & Salsa		Chicken Alfredo & Noodles Lettuce Salad Apricots WG Garlic Breadstick KC only Chex Mix (WG)		Cheesy Ham & Potatoes Cinnamon Apples Bread/Butter (WG) Cottage Cheese/Pineapple		Taco Goulash (WG macaroni) Lettuce Salad Tropical Fruit WG Bread/Butter (KC only)		Bean & Cheese Rollup (WG) Broccoli w/Dip Oranges
22	Cereal-Crisped Rice Juice-Cherry	23	French Toast Sticks (WG) Banana	24	Apple Breadstick (WG) Mandarin Oranges	25	Bagel (WG)/Cream Cheese Biscuit (WG) Applesauce	26	Cheese Sandwich (WG) MultiGrain Cheerios (WG) Juice-Grape
	Mexican Pizza (WG) Corn Mixed Fruit Cinnamon Bears (WG)		Chicken & Cheese Burrito (WG) Romaine Lettuce Salad Tropical Fruit Saltine Crackers		Tator Tot Casserole Apricots WG Garlic Breadstick Mixed Veggies Cheese stick & Tortilla chips		Chicken & Noodles Romaine Lettuce Salad Cinnamon Apples WG Bread/Butter (KC only) Ranch Oyster Crackers		Hotdog Carrot Sticks w/dip Mandarin Oranges
29	Cereal-Crisped Rice Juice-Cherry	30	French Toast Sticks (WG) Banana						
	Mexican Pizza (WG) Corn Mixed Fruit Cinnamon Bears (WG)		(WG) Romaine Lettuce Salad Tropical Fruit Saltine Crackers						

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.**