

July 2020

WCDC MENU

(Weeks 3-7)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>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.</p>				1		2		3	
				Pumpkin Muffin (WG) Mandarin Oranges		Biscuit (WG) Applesauce		<p>Center Closed 4th of July</p>	
				Tator Tot Casserole Apricots WG Garlic Breadstick		Chicken & Noodles Romaine Lettuce Salad Cinnamon Apples WG Bread/Butter (KC only)			
				Ch. Stick/Tortilla chips		Ranch Oyster Crackers			
S		S							
6		7		8		9		10	
Cereal-Corn Chex (WG) Juice-Citrus Punch		Mini Pancakes (WG) Banana		Vanilla Muffin Bar (WG) Mandarin Oranges		Bagel w/Cream Cheese (WG) Applesauce		Cereal-Kix (WG) Juice-Berry	
Italian Chicken Patty on Bun (WG)		Cheese Pizza (WG) Lettuce Salad Fruit Cocktail Cottage Cheese		Beef/Bean/Cheese Burrito (WG) Green Beans Pineapple		Ham Patty Lettuce Salad Peaches Macaroni & Cheese (WG)		Ham & Cheese Pita (WG) Carrot Sticks w/Dip Canteloupe	
Baked Beans Pears		Strawberry Yogurt & Cheerios		Townhouse crackers/Ch. slices		Cinnamon Crackers (WG)		Corn Muffin Squares (WG)	
CheezIt Crackers (WG)		S		S		S		S	
13		14		15		16		17	
Toasted Oats (WG) Juice-Orange Pineapple		Oven Pancake (WG) Banana		Apple Breadstick(WG) Mandarin Oranges		Bagel w/Cream Ch(WG) Applesauce		Cereal-Kix (WG) Juice-Berry	
Loose Meat on Bun (WG) Tator Tots Mixed Fruit 1/2 cheese stick (2-5)		Chicken Alfredo & Noodles Lettuce Salad Apricots WG Garlic Breadstick KC only		Cheeseburger Casserole Carrots Pineapple Bread/Butter (WG)		Tuna & Noodles (WG) Mixed Vegetables Peaches WG Biscuit (KC only)		Bologna & Cheese Tortilla Broccoli w/dip Orange Slices	
Tortilla Chips (WG) & Salsa		Chex Mix (WG)		Townhouse Crackers/ Cheese slices		Cinnamon Cracker (WG)		Sweet Potato Muffin (WG)	
S		S		S		S		S	
20		21		22		23		24	
Cereal-Crispix Juice-Strawberry Banana		Waffle (WG) Banana		Applesauce Squares (WG) Mandarin Oranges		Toasted Bagel (WG) Applesauce		Cereal-Life (WG) Juice-Apple	
Hamburger Pizza (WG) Corn Pears		Ranch Chicken Sweet Potatoes Fruit Cocktail Brown Rice Pilaf (WG)		Meatloaf (WG) Mashed Potatoes Pineapple WG Bread/Butter (KC only)		Chicken Pot Pie Mixed Vegetables Peaches Bread/Butter (WG)		Taco Salad Lettuce (in salad) Frozen Fruit Cup Cheesy Breadstick	
Goldfish Crackers (WG)		Graham Crackers (WG)		Wheat Thins (WG)		Bird Seed (WG)		Oatmeal Muffins (WG)	
S		S		S		S		S	
27		28		29		30		31	
Cereal-Crisped Rice Juice-Cherry		French Toast Sticks (WG) Banana		Waffle (WG) Mandarin Oranges		Toasted Bagel (WG) Applesauce		Cereal-Life (WG) Juice-Apple	
Mexican Pizza (WG) Corn Mixed Fruit		(WG) Romaine Lettuce Salad Tropical Fruit		Meatloaf (WG) Mashed Potatoes Pineapple WG Bread/Butter (KC only)		Chicken Pot Pie Mixed Vegetables Peaches Bread/Butter (WG)		Taco Salad Lettuce (in salad) Mandarin Oranges Cheesy Breadstick	
Cinnamon Bears (WG)		Saltine Crackers		Wheat Thins (WG)		Bird Seed (WG)		Oatmeal Muffins (WG)	
S		S		S		S		S	