


DATE: November			WCDC MENU						(Weeks 6-1)								
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY					
1	Cereal-Crispix	B	2	Oatmeal (WG)	B	3	Applesauce Bars	B	4	Toasted English Muffin	B	5	Cereal-Life (WG)	B			
	Juice-Strawberry Banana			Mandarin Oranges			Banana			Applesauce			Juice-Peach Mango				
Week 6	Hamburger Pizza (WG)	LUNCH		Ranch Chicken	LUNCH		Meatloaf (WG)	LUNCH		Turkey Pot Pie	LUNCH		Taco Salad	LUNCH			
	Lettuce w/ Shred. Carrots			Beets			Mashed Potatoes			Mixed Vegetables (in pie)			Lettuce (in salad)				
	Pears			Fruit Cocktail			Pineapple			Peaches			Orange Slices				
	Goldfish Crackers (WG)	S		Brown Rice Pilaf (WG)			Bread/Butter (KC only)			Bread/Butter (WG)			Cheesy Breadstick				
				Ritz Cracker WG w/ P.B.	S		Wheat Thins (WG)	S		Bird Seed (WG)	S		Banana Bread Bars (WG)	S			
8	Cereal-Crisped Rice	B	9	French Toast Sticks	B	10	Cereal (cooks choice)	B	11	Sausage Breakfast Pizza	B	12	Honey Nut Cheerios (WG)	B			
	Juice-Cherry			Mandarin Oranges			Banana			Applesauce			Juice-White Grape				
Week 7	Hotdogs and Beans	LUNCH		Salsa/Chicken Burrito (WG)	LUNCH		Marinara Meatballs	LUNCH		Goulash (WG macaroni)	LUNCH		Ham & Potato Soup	LUNCH			
	Mixed Fruit			Corn			Romaine Lettuce Salad			Carrots			Potatoes (in soup)				
	Bread/Butter (WG)			Cook's Choice Fruit			Cinnamon Apples			WG Bread/Butter (KC only)			Strawberry Fruit Mix				
	Cinnamon Bears (WG)	S		Saltine & Raisins	S		Garlic Breadstick (WG)			Ranch Oyster Crackers	S		WG Bread & Butter				
							Tortilla Chips(WG)/Ch Stick	S					Soft Pretzel w/ Cheese	S			
15	Cereal-Corn Chex (WG)	B	16	Malt O Meal	B	17	Yogurt & Granola	B	18	Waffles (WG)	B	19	Cereal-Kix (WG)	B			
	Juice-Citrus Punch			Strawberries			Banana			Applesauce			Juice-Berry				
Week 8	Loose Meat on Bun WG	LUNCH		Canadian Bacon Pizza	LUNCH		Beef Taco Pie (WG)	LUNCH		Ham Patty	LUNCH		BBQ Rib Sandwich (WG)	LUNCH			
	1/2 cheese stick (2-5)			Lettuce/Fruit Cocktail			Green Beans/Pineapple			Lettuce Salad			Smiley Fries				
	Baked Beans			Cottage Cheese			Bread/Butter WG (Age 2-5)			Peaches			Apple Slices				
	Pears			Strawberry Yogurt			Townhouse Crackers			Macaroni & Cheese (WG)			Cook's Choice Snack				
	CheezIt Crackers (WG)	S		Toasted Oats Cereal (WG)	S		Cheese Slice	S		Choc. Chip Crackers (WG)	S			S			
22	MultiGrainCheerios (WG)	B	23	Cinnamon Biscuit	B	24	Cereal-Rice Chex (WG)	B	25				26	CLOSED			
	Juice-Tangerine			Mandarin Oranges			Juice-Fruit Punch										
Week 1	Pizza Burger/Bun (WG)	LUNCH		Chicken Alfredo/Noodles	LUNCH		Turkey/Mashed Potatoes	LUNCH									
	Tator Tots			Lettuce			Strawberry Banana Jello										
	Mixed Fruit			Cinnamon Apple			WG Dinner Roll										
	1/2 cheese stick (2-5)			WG Garlic Breadstick (KC)			Graham Crackers (WG)										
	Tortilla Chips (WG)/Salsa	S		Cheese Sandwich (WG)	S		Pumpkin Dip	S									
Milk is served unless otherwise noted.						Cook's Choice Meal: Ham, Beef, Chicken, WG Noodles, WG Bread, WG Bun, WG Tortilla						Cook's Choice Snack (cracker, yogurt, cheese, fruit, cereal, bagel, tortilla chips)					
White skim milk is served (1 fat gram/cup).						Cook's Choice Vegetable: Carrot, Corn, Pea, Bean, Lettuce, Cucumber, Potato, Beet						Cook's Choice Juice (Berry, Apple, Grape, Fruit Punch, Citrus Punch, Cherry)					
White whole milk is served to 1 year olds (18 fat grams/cup).						Cook's Choice Fruit: Watermelon, Peach, Orange, Grape, Melon, Apple, Pineapple, Pears, Tropical, Cherry											
Fat Free Fairlife Milk and Almond Milk may be substituted for some children						No School Day											
(WG)-Whole Grains						Early Release											
*Dairy free substitution provided.						**Egg free substitution provided.											

