



The Early Education Center at Wesleyan Christian Academy
Weekly Allergy Friendly Menu
Made without Gluten, Milk, Egg, Soy, Nut containing Ingredients
May 20-24, 2019



| | 20th | 21st | 22nd | 23rd | 24th |
|---|---|---|---|---|--|
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| SNACK BREAKFAST (Child Care) | 100% Fruit Juice Milk/Water* Cheerios | 100% Fruit Juice Milk/Water* Turkey Sausage | 100% Fruit Juice Milk/Water* Corn Chex | 100% Fruit Juice Milk/Water* Bacon | 100% Fruit Juice Milk/Water* Rice Chex |
| *Milk Alternative if Parent Provided | | | | | |
| AFTERNOON SNACK (Child Care) | Hummus Carrots | Rice Chex Apple Sauce | Raisins Rice Cake | Cheerios(WG) Fruit Cup | Sun Butter Celery Sticks |
| LUNCH | Pig in a Blanket with Corn Tortilla Green Peas Mandarin Oranges Milk or 100% Fruit Juice* | Bunless Burger Brown Rice Roasted Cauliflower Mixed Fruit Milk or 100% Fruit Juice* | Roasted Chicken Pasta with Marinara Carrots Pineapple Milk or 100% Fruit Juice* | Allergen Friendly Meatloaf Brown Rice Corn Applesauce Milk or 100% Fruit Juice* | Chicken Tacos Corn Tortilla Lima Beans Peaches Milk or 100% Fruit Juice* |
| *Milk Alternative if Parent Provided | | | | | |

"Be an example to the believers in the word, in conduct, in love, in faith, in purity." (1 Timothy 4:12)

Week 4

Fluid Milk: 1 year old: Unflavored whole milk; 2-5 years old: unflavored skim (fat free) or unflavored 1% (low fat) milk; 6 years and older: unflavored skim (fat-free) or 1% (low fat) milk; flavored skim (fat free) milk. Breastmilk may be served at any age in replacement of cow's milk without medical documentation. Approved non-dairy beverages may be served to children with special dietary needs with approved medical documentation. Parents are able to provide soy milk.