



The Early Education Center at Wesleyan Christian Academy

Weekly Allergy Friendly Menu

Made without Gluten, Milk, Egg, Soy, Nut containing Ingredients

August 26 - 30th, 2019



	26th	27th	28th	29th	30th
	Monday	Tuesday	Wednesday	Thursday	Friday
SNACK BREAKFAST (Child Care)	100% Fruit Juice Milk/Water* Corn Chex	100% Fruit Juice Milk/Water* Sliced Ham	100% Fruit Juice Milk/Water* Cheerios	100% Fruit Juice Milk/Water* Rice Cake and Jelly	100% Fruit Juice Milk/Water* Rice Chex
*Milk Alternative if Parent Provided					
AFTERNOON SNACK (Child Care)	Hummus Celery Sticks	Rice Cake Raisins	Apple Slices Carrots	Cheerios(WG) Fruit Cup	Sun Butter Tortilla Chips
LUNCH	Allergen Friendly Turkey Meatloaf Brown Rice(WG) Green Beans Mandarin Oranges Milk or 100% Fruit Juice*	Sunbutter on Corn Tortilla Green Beans Peaches Milk or 100% Fruit Juice*	Allergen Friendly Pasta With Meatsauce Cauliflower Mandarin Oranges Milk or 100% Fruit Juice*	Chicken Tacos Corn Tortilla Broccoli Pineapple Milk or 100% Fruit Juice*	Roasted Turkey Brown Rice Green Peas Diced Pears 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 2

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.