



## The Early Education Center at Wesleyan Christian Academy

### Weekly Allergy Friendly Menu

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

September 9 - 13th, 2019



	9th	10th	11th	12th	13th
	Monday	Tuesday	Wednesday	Thursday	Friday
SNACK BREAKFAST (Child Care)	100% Fruit Juice Milk/Water* Corn Chex	100% Fruit Juice Milk/Water* Turkey Sausage	100% Fruit Juice Milk/Water* Cheerios	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 Slices	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.