



The Early Education Center at Wesleyan Christian Academy

WEEKLY DINING MENU

September 28 - October 9, 2020

	28th Monday	29th Tuesday	30th Wednesday	1st Thursday	2nd Friday
AM Snack	100% Fruit Juice Rice Krispies ® Milk	100% Fruit Juice Corn Muffin Milk	100% Fruit Juice Biscuit Milk	100% Fruit Juice Cheese Toast (WG) Milk	100% Fruit Juice Bagel and Jelly Milk
Lunch	Macaroni and Cheese (WG) Green Beans Mandarin Oranges Milk Vegetarian Option	Sloppy Joe Bun (WG) Green Peas Apple Sauce Milk Vegetarian Sloppy Joe	Grilled Cheese on Whole Grain Bread Baby Carrots Pears Milk Grilled Cheese (WG)	Hot Dog on Hot Dog Bun Baked Beans Peaches Milk Vegetarian Crispy "Chicken"	Pasta with Meatsauce (WG) Broccoli Fruit Cocktail Milk Vegetarian Meatballs
PM Snack (Early Ed and After School)	Glodfish ® Milk	Carrots String Cheese	Apple Sauce Scooby Snacks	Reduced Sugar Cinnamon Toast Crunch Milk	Apple Slices Crackers

	5th Monday	6th Tuesday	7th Wednesday	8th Thursday	9th Friday
AM Snack	100% Fruit Juice Rice Krispies ® Milk	100% Fruit Juice Biscuit Milk	100% Fruit Juice Waffles Milk	100% Fruit Juice Corn Muffin Milk	100% Fruit Juice Blueberry Muffin Milk
Lunch	Chicken Nuggets Brown Rice (WG) Green Peas Mandarin Oranges Milk Teriyaki Chicken and Rice	Hamburger with Bun (WG) Roasted Cauliflower Mixed Fruit Milk Veggie Burger	Macaroni and Cheese (WG) Carrots Pineapple Milk Crispy "Chicken" Tenders	Turkey Corn Dog Lima Beans Applesauce Milk Vegetarian Meatballs	Cheesy Chicken Brown Rice (WG) Corn Peaches Milk Roasted "Chicken"
PM Snack (Early Ed and After School)	Cheerios ® (WG) Milk	Cheddar Cheese Stick Crackers	Goldfish Raisins	Cheeze Its ® (WG) Milk	Sunbutter and Graham Crackers



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WEEKLY DINING MENU

October 12th - October 23, 2020

	12th Monday	13th Tuesday	14th Wednesday	15th Thursday	16th Friday
AM Snack	100% Fruit Juice Rice Krispies ® Milk	100% Fruit Juice Cheerios(WG) Milk	100% Fruit Juice Waffle Sticks Milk	100% Fruit Juice Blueberry Muffin Milk	100% Fruit Juice Reduced Sugar Cinnamon Toast Crunch Milk
Lunch	Chicken Nuggets Brown Rice(WG) Green Peas Diced Pears Milk Vegetarian Mandarin "Chicken"	Cheese Quesadilla Green Beans Peaches Milk Cheese Quesadilla	Turkey Meatloaf Roll(WG) Carrots Pineapple Milk Vegetarian Meatballs	Chicken Tacos Broccoli Tortilla Mixed Fruit Milk Vegetarian "Chicken" Tacos	Cheese Tortellini Marinara Cauliflower Mandarin Oranges Milk Cheese Tortellini
PM Snack (Early Ed and After School)	Goldfish ® Milk	Yogurt Raisins	Cheddar Cheese Stick Crackers	Cheerios Milk	Sun Butter Graham Crackers

	19th Monday	20th Tuesday	21th Wednesday	22nd Thursday	23rd Friday
AM Snack	100% Fruit Juice Rice Krispies ® Milk	100% Fruit Juice Biscuit Milk	100% Fruit Juice Cheese Toast(WG) Milk	100% Fruit Juice Waffles Milk	100% Fruit Juice Bagel & Jelly Milk
Lunch	Chicken Nuggets Brown Rice (WG) Broccoli Mixed Fruit Milk Vegetarian Mandarin "Chicken"	Philly Steak Bun (WG) Green Peas Pears Milk Beefless Tips and Rice	Turkey Sausage Biscuit Tater Tots Mandarin Oranges Milk Black Bean Burger	Sliced Ham Roll(WG) Baked Beans Peaches Milk Crispy "Chicken" Tenders	Beef Tacos Brown Rice(WG) Pintos Pineapple Milk Beefless Tacos
PM Snack (Early Ed and After School)	Graham Crackers Milk	Yogurt Carrots	Applesauce String Cheese	Reduced Sugar Cinnamon Toast Crunch Milk	Fruit Cup Crackers