



The Early Education Center at Wesleyan Christian Academy

WEEKLY Allergen Friendly DINING MENU

January 18th - Jan 24th, 2021

| | 18th Monday | 19th Tuesday | 20th Wednesday | 21st Thursday | 22nd Friday |
|---|----------------|--|---|--|---|
| AM Snack | | 100% Fruit Juice Milk/Water Sausage | 100% Fruit Juice Milk/Water Bacon | 100% Fruit Juice Milk/Water Sun Butter Rice Cake | 100% Fruit Juice Milk/Water Rice Chex |
| Lunch | | Cheeseless Philly Steak Corn Tortilla Green Peas Apple Sauce Milk or Juice | Roasted Turkey Pasta with Marinara Baby Carrots Pears Milk or Juice | Ham and Corn Tortilla Rollup Baked Beans Peaches Milk or Juice | Allergen Friendly Pasta with Meat sauce Broccoli Fruit Cocktail Milk or Juice |
| PM Snack (Early Ed and After School) | | Rice Cake Clementine | Apple Slices Tortilla Chips | Cinnamon Chex Fruit Cup | Sun Butter Carrots |

| | 25th Monday | 26th Tuesday | 27th Wednesday | 28th Thursday | 29th Friday |
|---|--|---|--|---|--|
| AM Snack | 100% Fruit Juice Milk/Water Cinnamon 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 |
| Lunch | Ham and Corn Tortilla Rollup Green Peas Mandarin Oranges Milk or Juice | Bunless Burger Rice Roasted Cauliflower Mixed Fruit Milk or Juice | Roasted Chicken Pasta with Marinara Baby Carrots Pears Milk or Juice | Pig in a Blanket with Corn Tortilla Lima Beans Applesauce Milk or Juice | Chicken Tacos Corn Tortilla Corn Peaches Milk or Juice |
| PM Snack (Early Ed and After School) | Hummus Celery Sticks | Rice Cake Clementine | Apple Slices Tortilla Chips | Cinnamon Chex Fruit Cup | Sun Butter Carrots |



The Early Education Center at Wesleyan Christian Academy

WEEKLY Allergen Friendly DINING MENU

February 1st - Feb 12th, 2021

| | 1st Monday | 2nd Tuesday | 3rd Wednesday | 4th Thursday | 5th Friday |
|---|---|--|--|--|---|
| AM Snack | 100% Fruit Juice Milk/Water Rice Chex | 100% Fruit Juice Milk/Water Sausage | 100% Fruit Juice Milk/Water Cheerios | 100% Fruit Juice Milk/Water Sun Butter Rice Cake | 100% Fruit Juice Milk/Water Cinnamon Chex |
| Lunch | Beef Taco Brown Rice(WG) Green Peas Diced Pears Milk or Juice | Pig in a Blanket Corn Tortilla Green Beans Peaches Milk or Juice | Allergen Friendly Meat Loaf Rice Carrots Pineapple Milk or Juice | Chicken Tacos Corn Tortilla Broccoli Mixed Fruit Milk or Juice | Allergen Friendly Pasta with Meatsauce Cauliflower Mandarin Oranges Milk or Juice |
| PM Snack (Early Ed and After School) | Rice Cake Raisins | Applesauce Cinnamon Chex | Banana Celery Sticks | Cheerios Fruit Cup | Sun Butter Carrots |

| | 8th Monday | 9th Tuesday | 10th Wednesday | 11th Thursday | 12th Friday |
|---|---|---|---|---|--|
| AM Snack | 100% Fruit Juice Milk/Water Cinnamon 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 |
| Lunch | Beef Taco Brown Rice(WG) Broccoli Mixed Fruit Milk or Juice | Pig in a Blanket Corn Tortilla Green Peas Pears Milk or Juice | Allergen Friendly Meat Loaf Rice Cauliflower Mandarin Oranges Milk or Juice | Chicken Tacos Corn Tortilla Baked Beans Peaches Milk or Juice | Allergen Friendly Pasta with Meatsauce Green Beans Pineapple Milk or Juice |
| PM Snack (Early Ed and After School) | Apple Slices Carrots | Rice Cake Raisins | Applesauce Tortilla Chips | Cheerios Fruit Cup | Sun Butter Celery Sticks |