



The Early Education Center at Wesleyan Christian Academy
WEEKLY Allergen Friendly DINING MENU
June 7th - June 18th, 2021

		7th		8th		9th		10th		11th	
		Monday		Tuesday		Wednesday		Thursday		Friday	
AM Snack		100% Fruit Juice Milk/Water Cheerios(WG)	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(WG)	100% Fruit Juice Milk/Water Rice Chex(WG)	100% Fruit Juice Milk/Water Sun Butter Rice Cake	100% Fruit Juice Milk/Water Sun Butter Rice Cake	100% Fruit Juice Milk/Water Rice Chex(WG)	100% Fruit Juice Milk/Water Rice Chex(WG)
Lunch		Roasted Chicken Brown Rice Green Beans Mandarin Oranges Milk or Juice	Cheese less Philly Steak Corn Tortilla(WG) Green Peas Apple Sauce Milk or Juice	Roasted Turkey Pasta with Marinara(WG) Baby Carrots Pears Milk or Juice	Ham and Corn Tortilla(WG) Rollup Baked Beans Peaches Milk or Juice	Allergen Friendly Pasta with Meat sauce(WG) Broccoli Fruit Cocktail Milk or Juice	Allergen Friendly Pasta with Meat sauce(WG) Broccoli Fruit Cocktail Milk or Juice	Ham and Corn Tortilla(WG) Rollup Baked Beans Peaches Milk or Juice	Ham and Corn Tortilla(WG) Rollup Baked Beans Peaches Milk or Juice	Allergen Friendly Pasta with Meat sauce(WG) Broccoli Fruit Cocktail Milk or Juice	Allergen Friendly Pasta with Meat sauce(WG) Broccoli Fruit Cocktail Milk or Juice
PM Snack (Early Ed and After School)		Hummus Celery Sticks	Rice Cake Clementine	Apple Slices Tortilla Chips	Cinnamon Chex(WG) Fruit Cup	Sun Butter Carrots	Sun Butter Carrots	Cinnamon Chex(WG) Fruit Cup	Cinnamon Chex(WG) Fruit Cup	Sun Butter Carrots	Sun Butter Carrots

		14th		15th		16th		17th		18th	
		Monday		Tuesday		Wednesday		Thursday		Friday	
AM Snack		100% Fruit Juice Milk/Water Cinnamon Chex(WG)	100% Fruit Juice Milk/Water Turkey Sausage	100% Fruit Juice Milk/Water Cheerios(WG)	100% Fruit Juice Milk/Water Bacon	100% Fruit Juice Milk/Water Rice Chex(WG)	100% Fruit Juice Milk/Water Rice Chex(WG)	100% Fruit Juice Milk/Water Bacon	100% Fruit Juice Milk/Water Bacon	100% Fruit Juice Milk/Water Rice Chex(WG)	100% Fruit Juice Milk/Water Rice Chex(WG)
Lunch		Ham and Corn Tortilla Rollup(WG) Green Peas Mandarin Oranges Milk or Juice	Bun less Burger Brown Rice(WG) Roasted Cauliflower Mixed Fruit Milk or Juice	Roasted Chicken Pasta with Marinara(WG) Baby Carrots Pears Milk or Juice	Pig in a Blanket with Corn Tortilla(WG) Lima Beans Applesauce Milk or Juice	Chicken Tacos Corn Tortilla(WG) Corn Peaches Milk or Juice	Chicken Tacos Corn Tortilla(WG) Corn Peaches Milk or Juice	Pig in a Blanket with Corn Tortilla(WG) Lima Beans Applesauce Milk or Juice	Pig in a Blanket with Corn Tortilla(WG) Lima Beans Applesauce Milk or Juice	Chicken Tacos Corn Tortilla(WG) Corn Peaches Milk or Juice	Chicken Tacos Corn Tortilla(WG) Corn Peaches Milk or Juice
PM Snack (Early Ed and After School)		Hummus Celery Sticks	Rice Cake Clementine	Apple Slices Tortilla Chips	Cinnamon Chex(WG) Fruit Cup	Sun Butter Carrots	Sun Butter Carrots	Cinnamon Chex(WG) Fruit Cup	Cinnamon Chex(WG) Fruit Cup	Sun Butter Carrots	Sun Butter Carrots

1 Fluid Milk: 1 year old: Unflavored whole milk; 2-5 years old: unflavored fat-free (skim) or unflavored low-fat (1%) milk; 6 years and older: unflavored fat-free (skim) or low-fat (1%) milk; flavored fat-free (skim) or low-fat (1%) milk. Breastmilk may substitute for documentation. 2 Juice, if served, is pasteurized full-strength (100%) juice. cow's milk at any age. Non-dairy beverages may be served with appropriate documentation. 2 Juice, if served, is pasteurized full-strength (100%) juice. WG, WW, and WGR indicate whole grain-rich foods. This Institution is an equal opportunity employer.



The Early Education Center at Wesleyan Christian Academy
WEEKLY Allergen Friendly DINING MENU
June 21st - July 2nd, 2021

		21st		22nd		23rd		24th		25th	
		Monday		Tuesday		Wednesday		Thursday		Friday	
AM Snack		100% Fruit Juice Milk/Water Rice Chex	100% Fruit Juice Milk/Water Sausage	100% Fruit Juice Milk/Water Cheerios(WG)	100% Fruit Juice Milk/Water Sun Butter Rice Cake	100% Fruit Juice Milk/Water Cheerios(WG)	100% Fruit Juice Milk/Water Sun Butter Rice Cake	100% Fruit Juice Milk/Water Sun Butter Rice Cake	100% Fruit Juice Milk/Water Sun Butter Rice Cake	100% Fruit Juice Milk/Water Cinnamon Chex(WG)	100% Fruit Juice Milk/Water Cinnamon Chex(WG)
Lunch		Beef Taco Brown Rice(WG) Green Peas Diced Pears Milk or Juice	Pig in a Blanket Corn Tortilla(WG) Green Beans Peaches Milk or Juice	Allergen Friendly Meat Loaf Brown Rice(WG) Carrots Pineapple Milk or Juice	Allergen Friendly Meat Loaf Brown Rice(WG) Carrots Pineapple Milk or Juice	Allergen Friendly Meat Loaf Brown Rice(WG) Carrots Pineapple Milk or Juice	Allergen Friendly Meat Loaf Brown Rice(WG) Carrots Pineapple Milk or Juice	Allergen Friendly Meat Loaf Brown Rice(WG) Carrots Pineapple Milk or Juice	Allergen Friendly Meat Loaf Brown Rice(WG) Carrots Pineapple Milk or Juice	Allergen Friendly Meat Loaf Brown Rice(WG) Carrots Pineapple Milk or Juice	Allergen Friendly Meat Loaf Brown Rice(WG) Carrots Pineapple Milk or Juice
PM Snack (Early Ed and After School)		Rice Cake Raisins	Applesauce Cinnamon Chex(WG)	Banana Celery Sticks	Banana Celery Sticks	Banana Celery Sticks	Banana Celery Sticks	Banana Celery Sticks	Banana Celery Sticks	Sun Butter Carrots	Sun Butter Carrots

		28th		29th		30th		1st		2nd	
		Monday		Tuesday		Wednesday		Thursday		Friday	
AM Snack		100% Fruit Juice Milk/Water Cinnamon Chex(WG)	100% Fruit Juice Milk/Water Sliced Ham	100% Fruit Juice Milk/Water Cheerios(WG)	100% Fruit Juice Milk/Water Cheerios(WG)	100% Fruit Juice Milk/Water Cheerios(WG)	100% Fruit Juice Milk/Water Rice Cake and Jelly	100% Fruit Juice Milk/Water Rice Cake and Jelly	100% Fruit Juice Milk/Water Rice Chex(WG)	100% Fruit Juice Milk/Water Rice Chex(WG)	100% Fruit Juice Milk/Water Rice Chex(WG)
Lunch		Beef Taco Brown Rice(WG) Broccoli Mixed Fruit Milk or Juice	Pig in a Blanket Corn Tortilla(WG) Green Peas Pears Milk or Juice	Allergen Friendly Meat Loaf Brown Rice(WG) Cauliflower Mandarin Oranges Milk or Juice	Allergen Friendly Meat Loaf Brown Rice(WG) Cauliflower Mandarin Oranges Milk or Juice	Allergen Friendly Meat Loaf Brown Rice(WG) Cauliflower Mandarin Oranges Milk or Juice	Allergen Friendly Meat Loaf Brown Rice(WG) Cauliflower Mandarin Oranges Milk or Juice	Allergen Friendly Meat Loaf Brown Rice(WG) Cauliflower Mandarin Oranges Milk or Juice	Allergen Friendly Meat Loaf Brown Rice(WG) Cauliflower Mandarin Oranges Milk or Juice	Allergen Friendly Meat Loaf Brown Rice(WG) Cauliflower Mandarin Oranges Milk or Juice	Allergen Friendly Meat Loaf Brown Rice(WG) Cauliflower Mandarin Oranges Milk or Juice
PM Snack (Early Ed and After School)		Apple Slices Carrots	Rice Cake Raisins	Applesauce Tortilla Chips	Applesauce Tortilla Chips	Applesauce Tortilla Chips	Cheerios(WG) Fruit Cup	Cheerios(WG) Fruit Cup	Cheerios(WG) Fruit Cup	Sun Butter Celery Sticks	Sun Butter Celery Sticks

1 Fluid Milk: 1 year old: Unflavored whole milk; 2-5 years old: unflavored fat-free (skim) or unflavored low-fat (1%) milk; 6 years and older: unflavored fat-free (skim) or low-fat (1%) milk; flavored fat-free (skim) or low-fat (1%) milk. Breastmilk may substitute for documentation. 2 Juice, if served, is pasteurized full-strength (100%) juice. cow's milk at any age. Non-dairy beverages may be served with appropriate documentation. 2 Juice, if served, is pasteurized full-strength (100%) juice. WG, WW, and WGR indicate whole grain-rich foods. This Institution is an equal opportunity employer.