



The Early Education Center at Wesleyan Christian Academy

WEEKLY DINING MENU

September 27th - October 8th, 2021

	27th Monday	28th Tuesday	29th Wednesday	30th Thursday	1st 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 Meat sauce (WG) Broccoli Fruit Cocktail Milk Vegetarian Meatballs
PM Snack (Early Ed and After School)	Goldfish® (WG) Milk	Carrots String Cheese	Apple Sauce Scooby Snacks (WG)	Reduced Sugar Cinnamon Toast Crunch (WG) Milk	Apple Slices Crackers

	4th Monday	5th Tuesday	6th Wednesday	7th Thursday	8th Friday
AM Snack	100% Fruit Juice Rice Krispies® Milk	100% Fruit Juice Blueberry Muffin Milk	100% Fruit Juice Waffles(WG) Milk	100% Fruit Juice Corn Muffin Milk	100% Fruit Juice Cocoa Puffs(WG) 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	Cheese Pizza(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(WG) Raisins	Cheeze Its® (WG) Milk	Sunbutter and Graham Crackers (WG)

1Fluid 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. 2Juice, if served, is pasteurized full-strength (100%) juice. cow's milk at any age. Non-dairy beverages may be served with appropriate documentation. 2Juice, 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 DINING MENU

October 11th - October 22nd, 2021

	11th Monday	12th Tuesday	13th Wednesday	14th Thursday	15th Friday
AM Snack	100% Fruit Juice Rice Krispies® Milk	100% Fruit Juice Cheerios(WG) Milk	100% Fruit Juice Waffles(WG) Milk	100% Fruit Juice Blueberry Muffin Milk	100% Fruit Juice Reduced Sugar Cinnamon Toast Crunch (WG) 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®(WG) Milk	Yogurt Raisins	Cheddar Cheese Stick Crackers	Cheerios Milk	Sun Butter Graham Crackers (WG)

	18th Monday	19th Tuesday	20th Wednesday	21st Thursday	22nd Friday
AM Snack	100% Fruit Juice Bagel & Jelly Milk	100% Fruit Juice Biscuit Milk	100% Fruit Juice Cheese Toast(WG) Milk	100% Fruit Juice Waffles(WG) Milk	100% Fruit Juice Cinnamon Rice Chex(WG) 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	Cheese Pizza(WG) Green Beans Peaches Milk Crispy "Chicken" Tenders	Beef Tacos Pintos Pineapple Milk Beefless Tacos
PM Snack (Early Ed and After School)	Graham Crackers(WG) Milk	Yogurt Carrots	Applesauce String Cheese	Reduced Sugar Cinnamon Toast Crunch (WG) Milk	Fruit Cup Crackers

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