



The Early Education Center at Wesleyan Christian Academy

WEEKLY Allergen Friendly DINING MENU

September 27th - October 8th, 2021

	27th Monday	28th Tuesday	29th Wednesday	30th Thursday	1st 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)
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
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

	4th Monday	5th Tuesday	6th Wednesday	7th Thursday	8th 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)
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
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

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 Allergen Friendly DINING MENU

October 11th - October 22nd, 2021

	11th Monday	12th Tuesday	13th Wednesday	14th Thursday	15th 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 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	Chicken Tacos Corn Tortilla(WG) Broccoli Mixed Fruit Milk or Juice	Allergen Friendly Pasta with Meatsauce(WG) Cauliflower Mandarin Oranges Milk or Juice
PM Snack (Early Ed and After School)	Rice Cake Raisins	Applesauce Cinnamon Chex(WG)	Banana Celery Sticks	Cheerios(WG) Fruit Cup	Sun Butter Carrots

	18th Monday	19th Tuesday	20th Wednesday	21st Thursday	22nd 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 Rice Cake and Jelly	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	Chicken Tacos Corn Tortilla(WG) Baked Beans Peaches Milk or Juice	Allergen Friendly Pasta with Meat sauce(WG) Green Beans Pineapple Milk or Juice
PM Snack (Early Ed and After School)	Apple Slices Carrots	Rice Cake Raisins	Applesauce Tortilla Chips	Cheerios(WG) Fruit Cup	Sun Butter Celery Sticks

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.