

# August 2024



## WOODSON YMCA CHILD CARE MENU

Week 1	<b>July 29</b> Coco Puffs & Applesauce BBQ Sliders on WG Dinner Roll Smiley Fries & Cantaloupe Strawberry Chex Mix & Milk	<b>30</b> WG Pancakes with Maple Syrup & Pears <small>Alt: DF, GF Pancake</small> WG Cheese Quesadilla, Carrot Sticks & Strawberries <small>Under 2: Steamed Carrots</small> WG Sunchips & String Cheese <small>Under 2: Ritz</small>	<b>31</b> WG Blueberry Bread & Banana <small>Alt: Bagel</small> Cheesy Chicken Pasta WG Breadstick, Mixed Vegetables & Tropical Fruit <small>Alt: Pasta, Diced Chicken</small> Goldfish Snack Mix & Milk	<b>August 1</b> Blueberry Parfait with Granola & Blueberries <small>Alt: Bagel</small> Turkey & Cheese on WG Bread Cucumber Slices with Ranch & Pineapple <small>Under 2: Steamed Peas</small> Pita Bread with Cucumber Dip & Milk	<b>2</b> Cinnamon Toast Crunch & Banana WG Corndogs with Ketchup Fresh Broccoli, Mixed Fruit & WG Dinner Roll <small>Under 2: Pears / Alt: Chicken Strips</small> Animal Crackers & Applesauce
	<b>5</b> Trix Cereal & Blueberries Chicken Broccoli Alfredo w/ WG Pasta & Peaches Graham Crackers & Cantaloupe <small>Under 2 Diced</small>	<b>6</b> WG Pancake Bites with Maple Syrup & Applesauce <small>Alt: DF EF Waffle</small> Beef Tacos with WG Tortilla Steamed Peas & Fruit Cocktail <small>Taco: Cheese, Sour Cream, Lettuce Alt: Lettuce, Taco Sauce</small> Apple Slices & Cheese Cubes <small>Under 2: Apple Sauce &amp; String Cheese</small>	<b>7</b> WG Blueberry Muffin & Banana <small>Alt: GF, EF Muffin</small> Chicken Patty on WG Bun with Mayo, Tator Tots & Pineapple Bug Bites & Clementine <small>Under 2: Apple Chippers</small>	<b>8</b> WG Biscuit with Jelly & Blueberries WG Cheese Pizza, Green Beans & Tropical Fruit Cheddar Snack Mix 100% Apple Juice <small>Under 1: No Juice</small>	<b>9</b> Cheerios & Banana WG Chicken Nuggets with BBQ Sauce, Fresh Cauliflower & Pears <small>Under 2: Steamed Veggie</small> Cheddar Snack Mix <small>Alt: Giant Goldfish</small> 100% Apple Juice <small>Under 1: No Juice</small>
	<b>12</b> Cinnamon Toast Cereal & Pears Meatballs & Gravy Over WG Pasta Steamed Corn & Pineapple Ritz Crackers, Taco Dip & Milk	<b>13</b> WG Blueberry Waffle & Apple Slices <small>Alt: EF Waffle</small> WG Cheese Quesadilla Steamed Peas & Fruit Cocktail WG Cinnamon Oatmeal Round & Milk	<b>14</b> WG Apple Muffin & Banana <small>Alt: Cereal</small> Chef Salad with WG Breadstick & Watermelon <small>Chef Salad: Lettuce, Cheese, Diced Ham, Bacon Bits, French Dressing Alt: No Cheese / Under 2: Green Beans</small> Cottage Cheese & Peaches <small>Alt: Giant Goldfish</small>	<b>15</b> WG French Toast w/Maple Syrup & Strawberries <small>Alt: EF Waffle</small> Salisbury Steak, Mashed Potatos Applesauce & WG Dinner Roll <small>Alt: Chicken Patty, Carrots</small> Chez Its & Milk <small>Alt: Plain Cereal Mix</small>	<b>16</b> Cheerios & Banana Hot Ham & Swiss on WG Crossiant Steamed Carrots & Blueberries <small>Alt: Ham Sandwich on WG Bread</small> Animal Crackers & Clementines <small>Under 2 Peaches</small>
	<b>19</b> Rice Crispy Cereal & Pears Mac & Cheese, Diced Ham Green Beans & Tropical Fruit <small>Alt: Buttered Pasta</small> WG Pretzel Bites with Cheese Sauce & Milk	<b>20</b> French Toast Sticks with Maple Syrup & Peaches <small>Alt: EF, DF Waffle</small> Chicken Strip Wrap with WG Tortilla Steamed Broccoli & Mandarin Oranges <small>Wrap: Lettuce, Cheese, Ranch Alt: No Cheese, No Ranch</small> Oyster Crackers & String Cheese	<b>21</b> WG Pumpkin Bread & Banana <small>Alt: Cereal</small> Turkey & Gravy, Mashed Potatoes Mixed Berries & WG Dinner Roll <small>Alt: Mixed Vegetable</small> Apple Slices & Bug Bites <small>Under 2 Applesauce</small>	<b>22</b> Strawberry Cream Cheese Bagel & Applesauce <small>Alt: EF, DF Bagel</small> Cheeseburger on WG Bun with Ketchup Tator Tots & Raspberries Trix Yogurt with Sprikles <small>Alt: DF Yogurt</small>	<b>23</b> Coco Puffs & Banana WG Zoo Nuggets w/ BBQ Steamed Carrots, Watermelon & WG Breadstick Graham Crackers & Pineapple Cup
	<b>26</b> WG Bagel with Cream Cheese & Blueberries <small>Alt: Jelly</small> Build your Own Mashed Potatos Raspberries & WG Bread with Butter <small>Add: Diced Ham, Shredded Cheese, Butter Bacon Bites, Sour Cream</small> Chex Mix & String Cheese	<b>27</b> Yogurt Parfait with Granola & Peaches <small>Alt: Cereal</small> Chicken Casserole with WG Rice Green Beans & Pineapple WG Banana Oatmeal Round & Milk	<b>28</b> WG Banana Muffin & Banana <small>Alt: EF Bagel</small> BBQ Pulled Pork on WG Bun, Brown Beans & Peaches Tortilla Chips with Salsa <small>Under 2: Ritz Cracker</small>	<b>29</b> WG Blueberry Pancakes w/Maple Syrup & Applesauce <small>Alt: DF Waffle</small> Spaghetti with Meatsauce WG Pasta, Steamed Cauliflower & Mandarin Oranges Apple Slices with Caramel <small>Under 2 Apple Chippers</small>	<b>30</b> Cheerios & Banana Popcorn Chicken, Steamed Corn Watermelon & WG Dinner Roll WG Goldfish Cracker 100% Apple Juice <small>Under 1: No Juice</small>