



February 2025



WOODSON YMCA CHILD CARE MENU

Week 1	3 WG Cheerios & Applesauce	4 WG Blueberry Bread & Banana	5 French Toast w/ Maple Syrup Peaches	6 Cheese Omelet & Blueberries	7 Cinnamon Toast Crunch & Banana
	Sloppy Joes on WG Bun Smiley Fries and Tropical Fruit	WG Cheese Quesadilla Vegetable Blend and Mandarin Oranges	Chicken Pot Pie over WG Biscuit Fresh Raspberries	Spaghetti w/ Meatsauce WG Pasta, Steamed Peas Pineapple	WG Corndogs with Ketchup Steamed Carrots, Tropical Fruit & WG Dinner Roll
	WG Vanilla Graham Cracker	WG Sunchips and String Cheese	Apple Slices w/ Wow Butter	Pita Bread w/Cucumber Dip	Baked Lays & Apple Juice

Week 2	10 WG Cheerios, Blueberries	11 WG Blueberry Muffin and Banana	12 WG Pancake Bites and Strawberries	13 Cherry Strudel and Mixed Berries	14 HAPPY VALENTINES DAY!
	Chicken Alfredo w/ WG Pasta, Green Beans & Peaches	Chili w/ Saltines and WG Pasta Steamed Peas, Mandarin Oranges	Chicken Pasta Steamed Cauliflower and Fresh Raspberries	Homemade Cheese Fries w/ Marinara Carrots and Apple Slices	Cheerios & Banana
	Graham Crackers & Pudding Cup	Ritz Crackers and Cheese Cube	Bug Bites & Clementine <small>Under 2: Apple Chippers</small>	Honey Ham Stick with Oyster Crackers	WG Chicken Nuggets Broccoli, Honey Dew WG Dinner Roll Cheddar Snack Mix <small>Alt: Giant Goldfish</small> 100% Apple Juice <small>Under 1: No Juice</small>

Week 3	17 Cinnamon Toast Cereal & Pears	18 WG Apple Muffin and Banana	19 Blueberry Waffle w/Maple Syrup Apple Slices	20 Sausage Breakfast Sandwich on WG Biscuit, Blueberries	21 Cheerios & Banana
	Goulash Green Beans and Tropical Fruit	WG Bosco Sticks w/ Marinara Cauliflower and Mandarin Oranges	Chicken Cutlet w/BBQ Seasoned Rice, Peas Fruit Salad	WG Ravioli w/ Marinara Broccoli & Applesauce	WG Grilled Cheese Sandwich, Tomato Soup, Strawberries
	Ritz Crackers, Taco Dip Milk	WG Cinnamon Oatmeal Round & Milk	Baked Lays with Baby Carrots <small>Under 2: Saltines and String Cheese</small>	Chez Its & String Cheese	Animal Crackers & Clementines <small>Under 2 Peaches</small>

Week 4	24 Rice Crispy Cereal & Pears	25 WG Pumpkin Bread and Banana	26 French Toast Sticks and Peaches	27 Strawberry Cream Cheese Bagel & Applesauce <small>Alt: EF, DF Bagel</small>	28 WG Chex & Banana
	Mac & Cheese, Diced Ham Green Beans & Tropical Fruit	BBQ Chicken Sandwich on WG Bun Steamed Broccoli Mandarin Oranges	Turkey & Gravy, Mashed Potatoes Mixed Berries & WG Dinner Roll	Cheeseburger on WG Bun w/ Ketchup Tator Tots & Strawberries	WG Zoo Nuggets w/ BBQ Steamed Carrots, Pineapple WG Breadstick
	WG Pretzel with Sidekicks	Oyster Crackers & String Cheese	Goldfish Snack Mix	Tortilla Chips w/ Cheese Sauce	Graham Crackers & Funfetti Dip

Week 5					

Breakfast | Lunch | Snack | *Note: Children ages 1-2 will be provided with whole milk, children ages 3 and above will be served 1% milk. All milk served is pasteurized and fortified with Vitamins A&D.