

Breakfast

Lunch

Snack

WOODSON YMCA CHILD CARE MENU

Week 3				Vanilla Yogurt , Granola Bites & Blueberries WG Corndogs Diced Sweet Potatoes, Apple slices WG Dinner Roll WG Giant Goldfish & MIIk	WG Trix Cereal & Banana Ham and Cheese on WG Bread Baby Carrots Fresh Blackberries Animal Crackers and Clementines
Week 4	WG Rice Crispy Cereal & Applesauce BBQ Rib Sandwich on WG Bun Baby Bakers Potatoes and Pears Graham Crackers & Sidekicks	6 WG French Toast Sticks w/ Maple Syrup Strawberries Chicken Tacos on WG Tortilla Peas & Fruit Cocktail Oyster Crackers & String Cheese	WG Blueberry Muffin & Banana Turkey and Gravy Mashed Potato, Watermelon and WG Dinner Roll Bug Bites & Milk	WG Strawberry Cream Cheese Bagel & Blueberries Hamburger on WG Bun with ketchup, Tator Tots & Apple Slices WG Soft Pretzel Cheese Sauce	WG Cheerios & Banana WG Zoo Crew Nuggets w/BBQ Steamed Carrots, Fresh Blackberries WG Breadstick WG Wheat Thins Cherry Craisins
Week 5	WG Cheerios & Applesauce Scallop Potatoes and Diced Han Pears & WG Dinner Roll Chex Mix & String Cheese	WG Pumpkin Bread & Banana BBQ Pulled Pork on WG Bun Baked Beans & Fruit Cocktail WG Banana Oatmeal Round and Milk	WG Pancake Sausage Bites Strawberries WG Cheese Quesadilla Side Salad w/ Dressing, Fresh Raspberries WG Waffle Graham Cracker & Milk	WG Bagel w/ Cream Cheese Blueberries Chicken Strips w/BBQ Cauliflower, Mandarin Oranges WG Dinner Roll Honey Ham Stick, Cheese Cubes	WG Trix Cereal Banana WG Cheese Pizza Baby Carrots, Fresh Black Berries WG Goldfish and 100% Grape Juice
Week1	WG Cheerios Cereal & Applesauce Sloppy Joe on WG Bun Smiley Fries, Pears WG Vanilla Graham Cookie, Milk	WG Apple Muffin & Banana WG Bosco Sticks w / Marinara Peas, Fruit Cocktail WG Sunchips & String Cheese	WG Blueberry Waffle w/Maole Syrup Banana Chef Salad w/ Dressing and all the fixings, Watermelon, WG Breadstick Apple Slices w/WoW Butter	WG Toasted English Muffin w/ Jelly Blueberries Pasta w/ Meatsauce Green Beans, Tropical Fruit WG Garlic Bread Pita Bread w/ Cucumber Sauce	Cinnamon Toast Cereal & Banana Fish Sticks Cucumber Slices w/Dill Dip Blackberries WG Goldfish Crackers 100% Apple Juice
Week 2	Menanday **	WG Pancake Bites w/Maple Syrup Strawberries Beef Tacos w/ WG Tortilla Peas & Fruit Cocktail Saltines & Cheese Cubes	WG Blueberry Muffin & Banana Chicken Alfredo w/WG Pasta Broccoli & Watermelon WG Cheetos Puffs & Milk	WG Apple Strudel & Blueberries WG French Bread Cheese Carrots & Cantaloupe Honey Ham Sticks & Wafer Crackers	WG Cherrios & Banana WG Chicken Patty on WG Bun Battered Green Beans Fresh Blackberries Scooby Grahams & Strawberry GoGurt

Alt: is for Allergies | *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.