


JULY 2025

WOODSON YMCA CHILDCARE MENU

Week 2		1 WG Blueberry Muffin and Banana Beef Tacos w/WG Tortilla Peas and Fruit Cocktail Saltine Crackers & Cheese Cubes	2 WG Pancake Bites and Strawberries Chicken Alfredo w/ WG Pasta Broccoli & Watermelon WG Cheetos Puffs & Milk	3 WG Apple Strudel & Blueberries WG French Bread Cheese Pizza Carrots & Cantaloupe Honey Ham Sticks & Wafer Crackers	4 
	7 WG Coco Puffs Applesauce Mac N Cheese Popcorn Chicken, Mixed Vegetables & Pears Ritz Crackers and Taco Dip	8 WG Apple Muffin Banana Goulash Fruit Cocktail & WG Garlic Breadstick WG Cinnamon Oatmeal Round Milk	9 Blueberry Waffle w/Maple Syrup Strawberries Chicken Cutlet w/BBQ WG Seasoned Rice, Peas & Watermelon WG Chez its & Diced Mango	10 Vanilla Yogurt w/ Granola Bites Blueberries WG Corndogs Diced Sweet Potatoes Appleslices, WG Dinner Roll WG Giant Goldfish & Milk	11 WG Trix Cereal & Banana Ham and Cheese Sandwich on WG Bread Baby Carrots, Fresh Blackberries Animal Crackers & Clementines
	14 Rice Crispy Cereal & Applesauce BBQ Riblet on WG Bun Baby Baker Potatoes, Pears Graham Crackers & Side Kicks	15 WG Blueberry Muffin & Banana Chicken Taco w/(All the Fixings) WG Tortilla, Peas, Fruit Cocktail Oyster Crackers and String Cheese	16 WG French Toast Sticks w/ Maple Syrup and Strawberries Turkey and Gravy over Mashed Potatoes Watermelon and WG Dinner Roll WG Bug Bites & Apple Slices	17 Strawberry Cream Cheese Bagel Blueberries Hamburger on WG Bun Tatar Tots, Cantaloupe WG Soft Pretzel with Cheese Sauce	18 Cinnamon Toast Cereal & Banana WG Zoo Nuggets w/ BBQ Carrots, Watermelon WG Breadstick Graham Crackers w/Funfetti Dip
	21 WG Cheerios & Applesauce Scallop Potatoes w/ Diced Ham Pears, WG Dinner Roll Cheddar Snack Mix & String Cheese	22 WG Breakfast Sausage Bites Strawberries BBQ Pulled Pork on WG Bun Baked Beans & Peaches WG Banana Oatmeal Round	23 WG Pumpkin Bread & Banana WG Cheese Quesadilla Side Salad w/ Dressing Fresh Raspberries WG Waffle Graham Crackers Cantaloupe	24 WG Bagel w/ Cream Cheese Blueberries Chicken Strips w/ BBQ Cauliflower, Mandarin Oranges WG Breadstick Honey Ham Sticks & Cheese Cubes	25 WG Trix Cereal & Banana WG Cheese Pizza Baby Carrots, Fresh Blackberries WG Goldfish Crackers 100% Apple Juice
Week 1	28 WG Cheerios & Applesauce Sloppy Joe on WG Bun Smiley Fries and Pears WG Sunchips & String Cheese	29 WG Zucchini Bread & Banana WG Bosco Sticks w/ Marinara Peas & Fruit Cocktail WG Vanilla Graham Crackers Honey Dew	30 WG Waffles w/ Maple Syrup Strawberries Chef Salad (Lettuce, Cheese, Diced Ham, Bacon Bits, French Dressing) Watermelon WG Dinner Roll Apple Slices w/ WoW Butter	31 WG Toasted English Muffin w/ Jelly Blueberries Pasta in Meatsauce Green Beans, Tropical Fruit WG Garlic Breadstick Pita Bread w/ Cucumber Dip	