

Milked served: 1% or fat-free for children ≥ 2 yrs. old
 Whole Milk for children 12-23 months old

WLC MEAL MENU
OCTOBER 2020

Our Center participates in a USDA funded program and
 is an equal opportunity provider and employer

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date:				1	2
Breakfast				(WGR) English Muffins w/jam, Strawberries, Milk	Sausage and Cheese (WGR) Biscuits, Pears, Milk
Lunch				Chicken, Cheese and Rice Casserole, Wheat Bread, Green Beans, , Milk	Chili Hot Dogs, Fench Fries, Corn, Milk
PM Snack				Pretzels, Cheese dip, Oranges, water	Fruit Leather, Graham Crackers, Water
Date:	5	6	7	8	9
Breakfast	Cereal: (WGR) Cherrios, Strawberries, Milk	Waffles, Mixed Berries, Milk	Sausage and Biscuit, Diced Pears, Milk	French Toast, Sliced Oranges, Milk	(WGR) Pancakes, Applesauce, Milk
Lunch	Chicken Nuggets, Corn, Diced Pears, Yogurt, Milk	Spaghetti w/beef sauce, Garden salad w/cheese (Ranch) Peaches, (WGR) dinner roll, Milk	Turkey and cheese sandwich on (WGR) bread, Carrot sticks, Apple slices, Milk	Vegetable Soup, Wheat Bread, Apples, (WGR) dinner roll, milk	Corn dog, cheese stick, Baked beans, Apple, Milk
PM Snack	Goldfish Crackers, Apple, Water	Cheese-it-Crackers, Orange, Water	Graham Crackers, Banana, Water	Bagel Bites, Oranges, Water	Nilla Wafers, Banana, Pudding, Water
Date:	12	13	14	19	16
Breakfast	Cereal: (WGR) Mini Wheats, Orange, Milk	French Toast, Peaches, Milk	Bagels w/Cream cheese, Mixed Berries, Milk	15	(WGR) Oatmeal, Banana, Milk
Lunch	Macaroni & Cheese w/Beef, Green beans, Pineapple, Wheat bread, Milk	Chili cheese dogs on (WGR) bun, carrots and celery sticks (Ranch), Orange, Milk	Beef and Cheese soft tacos (WGR tortilla), Lettuce, tomato, cucumbers, Pineapple, Milk	Beef & cheese potatoes casserole, corn, peaches, wheat dinner roll, Milk	Ham & Cheese sandwich (WGR bread), Carrots & Celery (Ranch), Orange, Milk
PM Snack	Strawberry Yogurt, Graham Crackers, Water	Chex Mix, Apple, Water	Pretzels, Cheese sticks, water	(HM) Nutri-Grain Bar, Applesauce, Water	Cottage cheese, pineapple, saltine crackers, water
Date:	19	20	21	22	23
Breakfast	Cereal: (WGR) Raisin Bran, Sliced apples, Milk	Waffles, Bananas, Milk	Eggs, wheat toast, blueberries, Milk	(WGR) Breakfast burrito, applesauce, Milk	English Muffin (WGR), Pineapple, Milk
Lunch	Homemade Teriyaki Meatballs, Buttered noodles, re-fried beans, Peaches, Milk	Chicken & Cheese sandwich (WGR bread), Organic Normandy Blend, Pineapple, Milk	Diced Turkey w/Gravy, Sweet Potato patty, Fruit Cocktail, WGR dinner roll, Milk	Chicken Salad on whole-grain wrap, Tomato cucumber salad, Diced Mango, Milk	Sloppy Joe on WGR Bun, Green Beans, Cinnamon Apples, Milk
PM Snack	Club Crackers w/Sun butter, Banana, Water	Nacho chips w/cheese sauce, Apple, Water	Strawberry Yogurt Muffin, Pineapple, Water	Cheddar Cheese/cracker sandwich, Grapes, Water	Bean & Cheese Burrito, Orange, Water
Date:	26	27	28	29	30
Breakfast	Cereal: Multi grain Cheerios, Mandarin Oranges, Milk	(WGR) French Toast Sticks, Grapes, Milk	(WGR) Waffles, Applesauce, Milk	Cereal: Cherrios, Fruit Cocktail, Milk	(WGR) Pancakes, Bananas, Milk
Lunch	Chicken and Three Cheese Tacos, Corn, Pineapple, Milk	Fish Sticks, Corn, Peaches, Milk	Beef and Cheese Taquitos, Mexican Rice, Pineapple, Carrots w/Ranch, Milk	Beef Ravioli, (WGR) dinner roll, Tossed Salad, Pineapple, Milk	Cheese Pizza, Salad w/diced ham, egg and cheese, Banana, Milk

(WGR) = WHOLE GRAIN RICH, (HM) = HOMEMADE

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PM Snack	Blueberry Muffin, Applesauce, Water	Yogurt, Graham Crackers	Granola Bar, Banana, Milk	Strawberry Yogurt Muffins, Water	Halloween Snacks, 100% Fruit Juice
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