



The Early Education Center at Wesleyan Christian Academy

WEEKLY Allergen Friendly DINING MENU

Sept 11th- Sept 25th

	14th Monday	15th Tuesday	16th Wednesday	17th Thursday	18th Friday
AM Snack	Milk/Water Cinnamon Chex	Milk/Water Sausage	Milk/Water Cheerios(WG)	100% Fruit Juice Bacon	Milk/Water Rice Chex(WG)
Lunch	Marinara Gluten Free Pasta Broccoli Applesauce Milk/Water	Mac and Cheese Gluten Free Pasta Cauliflower Mandarin Milk/Water	Philly Rice Carrots Peaches Milk/Water	Roasted Chicken Rice Green Beans Mixed Fruit Milk/Water	Turkey Burgers GF Bun Green Beans Pears Milk/Water
PM Snack (Early Ed and After School)	Fruit Cup	Rice Cake	Cheerios(WG)	Cinnamon Chex(WG)	Fruit Cup

	21st Monday	22nd Tuesday	23rd Wednesday	24th Thursday	25th Friday
AM Snack	Milk/Water Rice Chex	100% Fruit Juice Sausage	Milk/Water Cheerios(WG)	100% Fruit Juice Bacon	Milk/Water Rice Cake
Lunch	Roasted Chicken Brown Rice(WG) Broccoli Applesauce Milk or Water	Chicken Taco on Corn Tortilla(WG) Green Beans Mandarin Milk or Water	Roasted Turkey Rice Corn Peaches Milk or Water	Roasted Chicken Rice Baked Beans Mixed Fruit Milk or Water	GF Pasta w/ Meatsauce Peas Pears Milk/Water
PM Snack (Early Ed and After School)	Fruit Cup	Rice Cake	Chex	Cheerio	Fruit Cup