



STANDARD MENU

FISH FREE MENU

CENTER NAME :

YOUNG WORLD EARLY LEARNING CENTER

			MONDAY		TUESDAY		WEDNESDAY	1	THURSDAY	2	FRIDAY
4	Breakfast	Grains / Meat							Cereal, Cheerio		Yogurt , Flavored
		Veg/ Fruit							Fresh Fruit, Banana		Fresh Fruit, Honeydew
		Milk							Whole Milk or 1 % Milk		Whole Milk or 1 % Milk
	Lunch & Supper	Meat / Alt							BBQ Chicken Sliders		Pizza Sticks w/ Marinara
		Grain							WG Rolls		WG Flatbread
		Veg							Green Beans		Brocolli
		Fruit							Pineapple		Peaches
		Milk							1% or Whole Milk		1% or Whole Milk
	Snack	Grain							Original Animal Cracker		WG Cracker, Churro
		Fruit							100% Fruit Punch		100% Fruit Punch
		5	MONDAY	6	TUESDAY	7	WEDNESDAY	8	THURSDAY	9	FRIDAY
1	Breakfast	Grains / Meat	WG Muffin, Banana		Waffles		WG Bagel w/ Cream Cheese		Cereal, Corn Flakes		Yogurt , Flavored
		Veg/ Fruit	Fresh Fruit, Oranges		Fresh Fruit , Apple Slices		Fresh Fruit, Canteloupe		Fresh Fruit, Banana		Fresh Fruit, Honeydew
		Milk	Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk
	Lunch & Supper	Meat / Alt	Sweedish Meatball		Chicken Patty w/ Cheese Option		TurkeyHam & Cheese Wrap		Teryaki Chicken		Pizza Sticks w/ Marinara
		Grain	WG Egg Noodles		WG Hamburger Bun		WG Tortilla		Brown Rice		WG Flatbread
		Veg	Vegetable Medley		Sweet Corn		Garden Salad		Green Beans		Brocolli
		Fruit	Pears		Mandarin Oranges		Tropical Fruit Cocktail		Pineapple		Peaches
		Milk	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk
	Snack	Grain	String Cheese & Crackers		Goldfish Cheese Crackers		Strawberry Graham Crackers		Chex Mix		WG Cracker, Vanilla
		Fruit	100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch
		12	MONDAY	13	TUESDAY	14	WEDNESDAY	15	THURSDAY	16	FRIDAY
2	Breakfast	Grains / Meat	WG Muffin, Cinnamon Apple		Pancakes		WG English Muffin w/ Jelly		Cereal, Honey Bunches		Yogurt , Flavored
		Veg/ Fruit	Fresh Fruit, Oranges		Fresh Fruit , Apple Slices		Fresh Fruit, Canteloupe		Fresh Fruit, Banana		Fresh Fruit, Honeydew
		Milk	Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk
	Lunch & Supper	Meat / Alt	Spaghetti w/ Beef Marinara		Beef Taco (Ground Beef)		Turkey & Cheese Wrap		Cheesesteak Slider		Pizza Sticks w/ Marinara
		Grain	WG Pasta		WG Tortilla		WG Tortilla		Brown Rice		WG Flatbread
		Veg	Vegetable Medley		Sweet Corn		Garden Salad		Green Beans		Brocolli
		Fruit	Pears		Mandarin Oranges		Tropical Fruit Cocktail		Pineapple		Peaches
		Milk	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk
	Snack	Grain	Soft Pretzel w/ Mustard		Granola Crackers		Goldfish Graham Crackers		Original Animal Cracker		WG Cracker, Churro
		Fruit	100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch
		19	MONDAY	20	TUESDAY	21	WEDNESDAY	22	THURSDAY	23	FRIDAY
3	Breakfast	Grains / Meat	WG Muffin, Blueberry		Cinnamon French Toast Sticks		WG Bagel w/ Cream Cheese		Cereal, Rice Crispiess		Yogurt , Flavored
		Veg/ Fruit	Fresh Fruit, Oranges		Fresh Fruit , Apple Slices		Fresh Fruit, Canteloupe		Fresh Fruit, Banana		Fresh Fruit, Honeydew
		Milk	Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk
	Lunch & Supper	Meat / Alt	Mac & Cheese		Beef Burger w/ Cheese Option		Ranch Chicken Snack Wrap		Chicken Drumsticks		Pizza Sticks w/ Marinara
		Grain	WG Pasta		WG Hamburger Bun		WG Tortilla		WG Butttered Noodles		WG Flatbread
		Veg	Vegetable Medley		Tater Tots		Garden Salad		Green Beans		Brocolli
		Fruit	Pears		Mandarin Oranges		Tropical Fruit Cocktail		Pineapple		Peaches
		Milk	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk
	Snack	Grain	String Cheese & Crackers		Goldfish Cheese Crackers		Strawberry Graham Crackers		Chex Mix		WG Cracker, Vanilla
		Fruit	100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch
		26	MONDAY	27	TUESDAY	28	WEDNESDAY	29	THURSDAY	30	FRIDAY
4	Breakfast	Grains / Meat	WG Muffin, Corn		Pancakes		WG English Muffin w/ Jelly		Cereal, Cheerio		Yogurt , Flavored
		Veg/ Fruit	Fresh Fruit , Oranges		Fresh Fruit , Apple Slices		Fresh Fruit, Canteloupe		Fresh Fruit, Banana		Fresh Fruit, Honeydew
		Milk	Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk
	Lunch & Supper	Meat / Alt	Spaghetti w/ Beef Marinara		Beef Taco (Ground Beef)		Tuna Salad		BBQ Chicken Sliders		Pizza Sticks w/ Marinara
		Grain	WG Pasta		WG Tortilla		WG Tortilla		WG Rolls		WG Flatbread
		Veg	Vegetable Medley		Sweet Corn		Garden Salad		Green Beans		Brocolli
		Fruit	Pears		Mandarin Oranges		Tropical Fruit Cocktail		Pineapple		Peaches
		Milk	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk
	Snack	Grain	Soft Pretzel w/ Mustard		Granola Crackers		Goldfish Graham Crackers		Original Animal Cracker		WG Cracker, Churro
		Fruit	100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch



			MONDAY	1	TUESDAY	2	WEDNESDAY	1	THURSDAY	2	FRIDAY
4	Breakfast	Grains / Meat							Cereal, Cheerio		Yogurt , Flavored
		Veg/ Fruit							Fresh Fruit, Banana		Fresh Fruit, Honeydew
		Milk							Whole Milk or 1 % Milk		Whole Milk or 1 % Milk
	Lunch & Supper	Meat / Alt							BBQ Chick'n Sliders		Cheese Pizza
		Grain							WG Rolls		WG Flatbread
		Veg							Green Beans		Broccoli
		Fruit							Pineapple		Peaches
		Milk							1% or Whole Milk		1% or Whole Milk
	Snack	Grain							Original Animal Cracker		WG Cracker, Churro
Fruit								100% Fruit Punch		100% Fruit Punch	
		5	MONDAY	6	TUESDAY	7	WEDNESDAY	8	THURSDAY	9	FRIDAY
1	Breakfast	Grains / Meat	WG Muffin, Banana		Waffles		WG Bagel w/ Cream Cheese		Cereal, Corn Flakes		Yogurt , Flavored
		Veg/ Fruit	Fresh Fruit, Oranges		Fresh Fruit , Apple Slices		Fresh Fruit, Canteloupe		Fresh Fruit, Banana		Fresh Fruit, Honeydew
		Milk	Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk
	Lunch & Supper	Meat / Alt	Plant Based / Dairy Free Sweedish Meatball		Veggie Burger w/ Cheese Option		Veggie & Hummus Wrap		Teryaki Tofu		Cheese Pizza
		Grain	WG Egg Noodles		WG Hamburger Bun		WG Rolls		Brown Rice		WG Flatbread
		Veg	Vegetable Medley		Tater Tots		Mixed Vegetable		Green Beans		Broccoli
		Fruit	Pears		Mandarin Oranges		Tropical Fruit Cocktail		Pineapple		Peaches
		Milk	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk
	Snack	Grain	String Cheese & Crackers		Goldfish Cheese Crackers		Strawberry Graham Crackers		Chex Mix		WG Cracker, Vanilla
Fruit		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch	
		12	MONDAY	13	TUESDAY	14	WEDNESDAY	15	THURSDAY	16	FRIDAY
2	Breakfast	Grains / Meat	WG Muffin, Cinnamon Apple		Pancakes		WG English Muffin w/ Jelly		Cereal, Honey Bunches		Yogurt , Flavored
		Veg/ Fruit	Fresh Fruit, Oranges		Fresh Fruit , Apple Slices		Fresh Fruit, Canteloupe		Fresh Fruit, Banana		Fresh Fruit, Honeydew
		Milk	Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk
	Lunch & Supper	Meat / Alt	Spaghetti w/ Plant Based Beef Marinara		Plant Based Beef Taco (Ground Beef)		Veggie & Hummus Wrap		Cheesesteak Slider w/ Dairy Free Cheese		Cheese Pizza
		Grain	WG Pasta		WG Tortilla		WG Tortilla		WG Slider Roll		WG Flatbread
		Veg	Vegetable Medley		Sweet Corn		Garden Salad		Green Beans		Broccoli
		Fruit	Pears		Mandarin Oranges		Tropical Fruit Cocktail		Pineapple		Peaches
		Milk	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk
	Snack	Grain	Soft Pretzel w/ Mustard		Granola Crackers		Goldfish Graham Crackers		Original Animal Cracker		WG Cracker, Churro
Fruit		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch	
		19	MONDAY	20	TUESDAY	21	WEDNESDAY	22	THURSDAY	23	FRIDAY
3	Breakfast	Grains / Meat	WG Muffin, Blueberry		Cinnamon French Toast Sticks		WG Bagel w/ Cream Cheese		Cereal, Rice Crispies		Yogurt , Flavored
		Veg/ Fruit	Fresh Fruit, Oranges		Fresh Fruit , Apple Slices		Fresh Fruit, Canteloupe		Fresh Fruit, Banana		Fresh Fruit, Honeydew
		Milk	Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk
	Lunch & Supper	Meat / Alt	Mac & Cheese		Veggie Burger w/ Cheese Option		Chick'n Snack Wrap w/ Dairy Free Cheese & Vegan Mayo		General Tso Tofu		Cheese Pizza
		Grain	WG Pasta		WG Hamburger Bun		WG Tortilla		WG Butttered Noodles		WG Flatbread
		Veg	Vegetable Medley		Tater Tots		Garden Salad		Green Beans		Broccoli
		Fruit	Pears		Mandarin Oranges		Tropical Fruit Cocktail		Pineapple		Peaches
		Milk	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk
	Snack	Grain	String Cheese & Crackers		Goldfish Cheese Crackers		Strawberry Graham Crackers		Chex Mix		WG Cracker, Vanilla
Fruit		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch	
		26	MONDAY	27	TUESDAY	28	WEDNESDAY	29	THURSDAY	30	FRIDAY
4	Breakfast	Grains / Meat	WG Muffin, Corn		Pancakes		WG English Muffin w/ Jelly		Cereal, Cheerio		Yogurt , Flavored
		Veg/ Fruit	Fresh Fruit , Oranges		Fresh Fruit , Apple Slices		Fresh Fruit, Canteloupe		Fresh Fruit, Banana		Fresh Fruit, Honeydew
		Milk	Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk
	Lunch & Supper	Meat / Alt	Spaghetti w/ Plant Based Beef Marinara		Plant Based Beef Taco (Ground Beef)		Veggie & Hummus Wrap		BBQ Chick'n Sliders		Cheese Pizza
		Grain	WG Pasta		WG Tortilla		WG Tortilla		WG Rolls		WG Flatbread
		Veg	Vegetable Medley		Sweet Corn		Garden Salad		Green Beans		Broccoli
		Fruit	Pears		Mandarin Oranges		Tropical Fruit Cocktail		Pineapple		Peaches
		Milk	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk
	Snack	Grain	Soft Pretzel w/ Mustard		Granola Crackers		Goldfish Graham Crackers		Original Animal Cracker		WG Cracker, Churro
Fruit		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch	