

WCTC CHILD DEVELOPMENT CENTER & LAB FEBRUARY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
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Breakfast					WW Toast, Oranges
Lunch					Grilled Cheese on Whole Wheat Bread, Carrots, Grapes
Veg Lunch					N/A
Snack					Oyster Crackers, Apples, Water
	4	5	6	7	8
Breakfast	French Toast Sticks, Bananas	Cheerios, Applesauce	WW Toast, Pears	Chex, Apple Slices	English Muffins, Bananas
Lunch	Meat Loaf, WG Roll, Mashed Potatoes w/ Gravy, Watermelon	Hamburger on WG Bun, Corn, Banana	Baked Chicken Breast, WW Pasta, Brussel Sprouts, Grapes	Cheese and Bean Burrito, Brown Rice, Corn/Peas/Carrots/Beans, Honey Dew	Grilled Ham and Swiss on WG Bread, Green Beans, Oranges
Veg Lunch	<i>Yogurt</i>	<i>Black Bean Burger</i>	<i>Seasoned Lentils</i>	<i>N/A</i>	<i>Cottage Cheese</i>
Snack	Graham Crackers	Whole Wheat Crackers, Oranges, Water	Pizza Quesadillas	Applesauce Muffins, Pears, Water	Rice Cakes, Apples, Water
	11	12	13	14	15
Breakfast	WW Toast, Oranges	Rice Krispies, Applesauce	English Muffins, Pears	Kix, Oranges	Pancakes, Bananas
Lunch	Turkey Sandwich on Whole Grain Bread, Corn, Apples	Swedish Meatballs, Whole Wheat Pasta, Carrots, Cantaloupe	Rotisserie Seasoned Chicken Breast, WG Roll, Broccoli, Grapes/Melon	Salisbury Steak, WG Roll, Green Beans, Banana	Macaroni and Cheese with WG Pasta, Peas, Honey Dew
Veg Lunch	<i>N/A</i>	<i>Swedish Black Bean Balls</i>	<i>Cottage Cheese</i>	<i>Yogurt</i>	<i>N/A</i>
Snack	Whole Wheat Crackers	Tortilla Chips, Hummus Dip, Water	Chex Mix	Rice Cakes, Grapes, Water	Pretzels, Apple Slices, Water
	18	19	20	21	22
Breakfast	Cheerios, Apples	WW Toast, Oranges	Chex, Apple Sauce	Bagels, Pears	Kix, Bananas
Lunch	Vegetable Pasta Bake with WG Pasta, Corn, Watermelon	Baked Chicken Tenders, WG Roll, Broccoli, Apples	BYO Salad with Chicken, Whole Grain Roll, Pineapple	BBQ Lentils, Whole Wheat Roll, Peas, Banana	Double Cheese WW Pizza Bread, Carrots, Grapes
Veg Lunch	<i>N/A</i>	<i>Hummus Sandwich</i>	<i>Cheddar Cheese</i>	<i>Spaghetti with Mozzarella</i>	<i>N/A</i>
Snack	Graham Crackers	Oyster Crackers, Pears, Water	Graham Crackers, Yogurt, Water	Applesauce Muffins	Pretzels, Oranges, Water
	25	26	27	28	
Breakfast	English Muffins, Pears	Kix, Strawberry/Pineapple	WW Toast, Oranges	French Toast Sticks, Apples	
Lunch	Turkey Sandwich on Whole Grain Bread, Carrots, Watermelon	Mac and Cheese with WG Pasta, Brussel Sprouts, Banana	Grilled Ham and Cheddar on WW Bread, Green Beans, Grapes	Hamburger on WG Bun, Corn, Banana	
Veg Lunch	<i>Yogurt</i>	<i>N/A</i>	<i>Cheddar Cheese</i>	<i>Black Bean Burger</i>	
Snack	Whole Wheat Crackers	Rice Cakes, Grapes, Water	Cheese Quesadillas	Pretzels, Hummus Dip, Water	

ALL MEALS SERVED WITH MILK, UNLESS OTHERWISE NOTED. Ages 1-2 receive whole milk, 2 and older receive 1 %. Menu subject to change