**Wausau Child Care, Inc.**

Westside, Franklin, and Cedar Creek Center

Menu for September 30-October 4, 2019

**Wausau Child Care’s Menu Meets CACFP Program Requirements**

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| \*This institution is an equal opportunity provider. | MondaySeptember 30th  | TuesdayOctober 1st  | WednesdayOctober 2nd | ThursdayOctober 3rd  | FridayOctober 4th  |
| Breakfast | Rice Chex CerealPeaches  | French Toast Sticks w/ Maple Syrup*Alternate: Dairy-free Waffle*Pears  | Biscuits w/ Butter & Jelly*Alternate: Dairy-free Bread*Applesauce  | Crispy Rice CerealPeaches  | Homemade Apple Cinnamon Muffin w/ Butter*Alternate: Dairy-free Muffin*Chef’s Choice Fruit |
| AM Snack |  |  |  |  |  |
| Lunch | Baked Chicken on a WG Bun w/ Lettuce & MayoFresh Cauliflower w/ Dill Dip(Under 2: Steamed Cauliflower)Tropical Fruit(Under 1: Pears)  | Cheese Ravioli w/ Marinara Sauce*Alternate: Pasta w/ Meatballs*WG Garlic Toast*Alternate: Dairy-free Bread*Steamed CarrotsPineapple(Under 1: Peaches) | Meatloaf w/ Ketchup*Alternate: Chicken Patty*WG Dinner Roll w/ Butter*Alternate: Dairy-free Bread*Mashed Potatoes*Alternate: Mashed Cauliflower* Fresh Orange Slices(Under 2: Pears) | Pizza Quesadilla*Alternate: Dairy-free Quesadilla* Green BeansFresh Apple Slices(Under 2: Applesauce) | Homemade Chicken Noodle Soup½ Turkey & Cheese Sandwich on WG Bread w/ Mayo*Alternate: Dairy-free Cheese*PeasMandarin Oranges(Under 1: Peaches)  |
| **Snack** | Trix Yogurt Cup w/ Rainbow Sprinkles*Alternate: Dairy-free Yogurt* | Saltine CrackersString Cheese*Alternate: Dairy-free Cheese* | Ritz Crackers w/ Taco Dip | Animal CrackersBanana | WG Banana Muffin |
| **PM Snack** |  |  |  |  |  |

***1%, unflavored milk is served to children ages 2 and older and whole, unflavored milk is served to 1 year olds at all meals and snacks.***

***\*All meal alternates are for children with food allergies\****