**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 Cereal  Peaches | French Toast Sticks  w/ Maple Syrup  *Alternate: Dairy-free Waffle*  Pears | Biscuits w/ Butter & Jelly  *Alternate: Dairy-free Bread*  Applesauce | Crispy Rice Cereal  Peaches | 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 & Mayo  Fresh 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 Carrots  Pineapple  (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 Beans  Fresh Apple Slices  (Under 2: Applesauce) | Homemade Chicken Noodle Soup  ½ Turkey & Cheese Sandwich on WG Bread w/ Mayo  *Alternate: Dairy-free Cheese*  Peas  Mandarin Oranges  (Under 1: Peaches) |
| **Snack** | Trix Yogurt Cup  w/ Rainbow Sprinkles  *Alternate: Dairy-free Yogurt* | Saltine Crackers  String Cheese  *Alternate: Dairy-free Cheese* | Ritz Crackers  w/ Taco Dip | Animal Crackers  Banana | 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\****