

WEE CARE - LUNCH MENU

Vegan/Vegetarian options also available

FOOD GROUP		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W	PROTEINS	Pasta with Tomato Sauce and Meat Balls	Breaded Chicken Burgers	Salisbury Steak and Gravy	WOWbutter or Cheese Sandwiches	Pepperoni and Cheese Pizza
E	GRAINS		Whole Wheat Bun	Mashed Sweet Potatoes	Whole Wheat Bread	
E	FRUITS &	Organic Oranges	Organic Grapes	Organic Pears	Organic Oranges	Organic Apple Slices
K	VEGETABLES	Cucumber slices	Organic Baby Carrots	Organic Green Beans	Cucumber slices	Caesar Salad Infants: Cucumber or Carrots
1	DAIRY	2% or 3% Milk	2% or 3% Milk	2% or 3% Milk	2% or 3% Milk	2% or 3% Milk
W	PROTEINS	Chicken Nuggets	Cheddar Cheese or Potato & Onion Perogies with Sour Cream	Grilled Cheese on Whole Wheat Bread	Beef Meatballs	Cheese Lasagna with Garlic Bread
E	GRAINS	Whole Wheat Pita			Whole Grain Rice	
E	FRUITS &	Pineapple	Fresh Cantaloupe	Organic Apple Slices	Organic Oranges	Organic Pears
K	VEGETABLES	Organic Corn	Organic Green Beans	Tomato Soup	Cucumber Slices	Organic Baby Carrots
2	DAIRY	2% or 3% Milk	2% or 3% Milk	2% or 3% Milk	2% or 3% Milk	2% or 3% Milk
W	PROTEINS	Chicken and Rice Casserole	Pepperoni and Cheese Pizza	WOWbutter or Cheese Sandwiches	Whole Grain Alfredo Penne with Chicken and Broccoli	Hamburgers on Whole Wheat Buns
E	GRAINS			Whole Wheat Bread		
E	FRUITS &	Organic Apple Slices	Organic Grapes	Peach Slices	Organic Pears	Fresh Cantaloupe
K	VEGETABLES	Corn, Peas and Carrots	Cucumber slices	Organic Baby Carrots	Organic Broccoli	French Fries
3	DAIRY	2% or 3% Milk	2% or 3% Milk	2% or 3% Milk	2% or 3% Milk	2% or 3% Milk
W	PROTEINS	All Beef Sausages	Chicken Taquitos	Baked Brown Beans	Macaroni & Cheese with Breaded Chicken	Chicken Noodle Soup with Turkey and Cheese Subs
E	GRAINS	Scallop Potatoes	Brown / White Rice	Garlic Bread		
E	FRUITS &	Peach Slices	Pineapple	Organic Grapes	Organic Apple Slices	Organic Pear Slices
K	VEGETABLES	Organic Peas	Organic Corn	Garden Salad Infants: Cucumber or Carrots	Organic Baby Carrots	Lettuce, Tomatoes & Pickles
4	DAIRY	2% or 3% Milk	2% or 3% Milk	2% or 3% Milk	2% or 3% Milk	2% or 3% Milk