



Wynn Kids 'R' Kids Cascade March Menu

| Week 1 | | | | | 1 |
|------------------|---|--|--|--|---|
| WG: Whole grain | | | | | |
| Breakfast | | | | | WG French Toast, Pineapples, Milk |
| Lunch | | | | | Turkey & Cheese WG Bread Sandwiches, Tater Tots, Fruit Cocktail, Milk |
| PM | | | | | Rice Cakes, Orange Juice |
| Week 2 | 4 | 5 | 6 | 7 | 8 |
| Breakfast | Waffles, Tropical Fruit, Milk | Cheerios, Bananas, Milk | Chicken Sausage, WG Toast, Mixed Fruit, Milk | Cheese Grits, Pears, Milk | Blueberry Muffins, Oranges, Milk |
| Lunch | Turkey Spaghetti, Broccoli, Pineapples, WG Bread, Milk | Turkey & Cheese WG Bread Sandwiches, French Fries, Oranges, Milk | Turkey Tacos, WG Tortilla, Black Beans, Lettuce, Tomatoes, Apple Sauce, Milk | Turkey Roast, WG Rice, Green Beans, Peaches, WG Bread, Milk | Chicken Patty, Tater Tots, Apple Slices, WG Bread, Milk |
| PM | Cheese-Itz, Blueberries, Water | Animal Crackers, Grape Juice | Goldfish, Blue Berries, Water | Ritz Crackers, Cheese Sticks, Orange Juice | Graham Crackers, Water |
| Week 3 | 11 | 12 | 13 | 14 | 15 |
| Breakfast | WG Cheese Toast, Fruit Cocktail, Milk | Corn Flakes, Bananas, Milk | Turkey Sausage, Hashbrowns, Pears, Milk | Waffles, Peaches, Milk | Bran Muffins, Blueberries, Milk |
| Lunch | Chicken & WG Rice, Mixed Vegetables, Pears, WG Bread, Milk | Chicken & Cheese WG Pizza, California Vegetables, Apples, Slices, Milk | Turkey Lasagna, Green Beans, Apricots, WG Rolls, Milk | Sweet & Sour Chicken, Rice, Asian Vegetables, Peaches, WG Bread, Milk | Chicken Nuggets, Tater Tots, Mandarin Oranges, WG Bread, Milk |
| PM | Teddy Grahams, Water | Goldfish, Apple Juice | Cheese-Itz, Water | Ritz Crackers, Cran-Grape Juice | Pretzels, Apple Sauce, Water |
| Week 4 | 18 | 19 | 20 | 21 | 22 |
| Breakfast | Cheese Grits, Apple Sauce, WH Toast, Milk | Cheerios, Oranges, Milk | Cinnamon Oatmeal, Bananas, Milk | English Muffins, Peaches, Milk | Waffles, Pears, Milk |
| Lunch | BBQ Chicken, Baked Beans, Oranges, WG Bread, Milk | Turkey & Cheese WG Sandwiches, Tater Tots, Apricots, Milk | Turkey Roast, WG Rice, Green Cabbage, Peaches, WG Bread, Milk | Chicken Patty, Broccoli & Cheese Casserole, Pineapples, WG Bread, Milk | Chicken Salad, Green Peas, Tropical Fruit, WG Crackers, Milk |
| PM | Graham Crackers, Water | CheX-Mix, Cranberry Juice | Pretzels, Blueberries, Water | Tortilla Chips, Cheese -dip, Orange Juice | Ritz Crackers, Cheese Sticks, Water |
| Week 5 | 25 | 26 | 27 | 28 | 29 |
| Breakfast | Blueberry Muffins, Oranges, Milk | Waffles, Tropical Fruit, Milk | WG French Toast Sticks, Tropical Fruit, Milk | Bran Muffins, Oranges, Milk | |
| Lunch | Chicken Nuggets, Tater Tots, Mandarin Oranges, WG Bread, Milk | Turkey Tacos, WG Tortilla, Black Beans, Lettuce, Tomatoes, Apple Sauce, Milk | WG Chicken Pizza, Sweet Carrots, Blueberries, Milk | Chicken Salad Sandwiches on WG Bread, Green Beans, Apples, Milk | CLOSED |
| PM | Goldfish, Blue Berries, Water | Rice Cakes, Orange Juice | Ritz Crackers, Mixed Fruit Cups, Water | Animal Crackers, Grape Juice | |