

**4 week cycling menu WSU CDC 2025**

<b>WEEK 1</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST - BREAD (iron)</b>	Whole Wheat Bagel 1 each cream cheese 1 oz Turkey Sausage Patty 1 each	Whole Grain Corn Chex 1 cup  Yogurt 2 oz.	Whole Grain Toast One Each Jelly 1 oz. Scrambled Eggs 2 oz	Whole Grain Biscuit 1 Each  Gravy 2 oz.	Whole Wheat Cinnamon French toast 1 each Pancake syrup 1 oz Hard Boiled Eggs 1 each
<b>FRUIT/VEGETABLE</b>	Peach Slices in Natural Juice 4 oz.	Apple Slices 4 oz.	Pineapple Tidbits 4 oz.	Pears 4 oz.	Banana 1 each
<b>Vegetarian</b>					
	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz
<b>LUNCH - MEAT</b>	Chicken Rice Cass (2 oz chicken, 1 serving grain)	Chicken Patty on A Whole Wheat Bun 4 oz. Ketchup 1oz	BBQ Rotisserie Chicken 2 oz.	Thai Turkey Meatballs 2 oz.	Cheese Pizza On Whole Grain Crust 1 each Cottage Cheese 2oz
<b>VEGETABLE</b>	Broccoli 4 oz	Spinach 4 oz.	Signature WG Mac and Cheese 4 oz. Roasted Brussels Sprouts 4 oz.	Rice and Pea Curry 5 oz.	Peas and Carrots 4 oz.
<b>FRUIT</b>	Green Apple 1 each (applesauce for IN/T)	Mandarin Oranges 4 oz.	Banana 1 each	Pineapple Tidbits 4 oz.	Mixed fruit 4 oz.
<b>Vegetarian</b>	Tofu and Rice (Tofu 2oz and 1 grain)	Garden Burger Patty 1 each Whole Wheat Bun 1 each	BBQ Tofu 2oz	Thai Garden Burger 2 oz	
	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz
<b>WEEK ONE SNACK</b>	Banana 1 each Vanilla Yogurt with Granola 3 oz. Ice Water, 8 floz.	Cucumber slices 4 oz. Cheesestick 1 each Pretzels 2 oz. Ice Water, 8 floz.	Hummus 2 oz. Mini Naan 2 oz. Carrot Sticks (steamed for infants) 4 oz Ice Water, 118 oz	Tortilla Chips (pita for infants) 2 oz White Bean Dip 2 oz. Ice Water 8 floz	Fresh Orange (mandarin for toddlers) 1 each Cheddar Goldfish 2 oz. Iced Water 8 floz

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<b><u>WEEK 2</u></b>	<b><u>MONDAY</u></b>	<b><u>TUESDAY</u></b>	<b><u>WEDNESDAY</u></b>	<b><u>THURSDAY</u></b>	<b><u>FRIDAY</u></b>
<b>BREAKFAST - BREAD (iron)</b>	WW English muffin with strawberry jam 1 each/1oz <b>Sausage</b> 1 each	Whole Wheat Toast 1 each <b>Jelly</b> 1 oz. Scrambled Eggs	WG Cheerios 4 oz <b>Yogurt</b> 2 oz.	Whole Grain Pancake 2 each <b>Pancake Syrup</b> 1 oz <b>Hard Boiled Egg</b> 2 each	Oatmeal 2 oz <b>Sausage Patty</b> 1 each <b>Whole Wheat Toast</b> 1 each
<b>FRUIT/VEGETABLE</b>	<b>Applesauce</b> 4 oz.	<b>Pineapple Tidbits</b> 4 oz.	<b>Banana</b> 1 each	<b>Peaches</b> 4 oz.	<b>Mixed Fruit</b> 4 oz.
<b>Vegetarian</b>					
	<b>Milk 1%, 8floz</b>	<b>Milk 1%, 8floz</b>	<b>Milk 1%, 8floz</b>	<b>Milk 1%, 8floz</b>	<b>Milk 1%, 8floz</b>
<b>LUNCH - MEAT</b>	Turkey Divan (WG cracker topping) 2 oz. protein 1 serving WG cracker topping	WW Spaghetti with Meat Sauce 3 oz.	Hamburger Patty with WW Bun 1 each. <b>Cheddar Cheese Slice</b> 1 each <b>Ketchup</b> 1 oz.	Bean Chili with Crackers 4 oz.	Chicken Pot Pie with WG Biscuit Topping 3 oz.
<b>VEGETABLE</b>	<b>Broccoli</b> 4 oz.	<b>Peas and Carrots</b> 4 oz.	<b>Steamed Green Peas</b> 4 oz.	<b>Roasted Yellow Squash</b> 4 oz.	<b>Buttered Corn</b> 4 oz
<b>FRUIT</b>	<b>Sliced pears</b> 4 oz.	<b>Sliced Peaches</b> 4 oz.	<b>Orange Sections (Mandarin Oranges for Toddlers)</b> 4 oz.	<b>Apple Slices</b> 4 oz.	<b>Banana</b> 1 each
<b>Vegetarian</b>	<b>Tofu Divan</b> 4 oz.	<b>Tofu Spaghetti Sauce</b> 4oz.	<b>Garden Burger on Whole Wheat Bun</b> each 1		<b>Grilled Cheese Sandwich</b> 1 Each <b>Cottage Cheese</b> 2 oz.
	<b>Milk 1%, 8floz</b>	<b>Milk 1%, 8floz</b>	<b>Milk 1%, 8floz</b>	<b>Milk 1%, 8floz</b>	<b>Milk 1%, 8floz</b>
<b>WEEK TWO SNACK</b>	<b>Egg Salad with Celery</b> 3 oz <b>Pita Bread</b> 4 each. <b>Ice Water</b> , 8 floz.	<b>Rice Chex</b> 4 oz <b>Banana</b> 1 Each <b>Water</b> , 8 floz. <b>Ice</b>	<b>Peaches</b> 4 oz <b>Cottage Cheese</b> 2 oz <b>Crackers</b> 1 pack <b>Ice Water</b> , 8 floz.	<b>Whole Wheat Tortilla</b> 1/2 each <b>Sliced Deli Turkey</b> 2oz <b>American Cheese Slice</b> 1 each <b>Sliced Apple</b> 4 oz <b>Water</b> 8	<b>Frijoles</b> 2 oz <b>Pita Chips</b> 4 each <b>(Pita Bread for In)</b> 6oz <b>Ice Water</b> , 8 floz.
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<b><u>WEEK 3</u></b>	<b><u>MONDAY</u></b>	<b><u>TUESDAY</u></b>	<b><u>WEDNESDAY</u></b>	<b><u>THURSDAY</u></b>	<b><u>FRIDAY</u></b>
<b>BREAKFAST - BREAD (iron)</b>	Whole Wheat Toast 1 Slice Grape Jelly 1 oz. Sausage Patty	Whole Wheat Bagel 1 each Cream Cheese 1 oz. Scrambled Eggs 2 oz.	<b>Cheese Grits</b> 2 oz. <b>Sausage Patty</b> 1 each	<b>Cheerios</b> 4 oz. Yogurt 2 oz.	French Toast WW 1 each Syrup 1 oz. Hard Boiled Eggs 1 each
<b>FRUIT/VEGETABLE</b>	Pears 4 oz.	Mixed Fruit 4 oz.	Mandarin oranges in natural juice 4 oz.	Pineapple Tidbits 4 oz.	Banana 1 Each
<b>Vegetarian</b>					
	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz
<b>LUNCH - MEAT</b>	<b>Lasagna</b> 4 oz.	Black Bean Burrito 2oz Smashed Black Beans Cheddar Cheese 1 oz. WW Tortilla 1 each	WG Cheese Ravioli with Marinara 4 oz. Cottage Cheese 2 oz.	<b>Sage Rubbed Turkey Breast</b> 2 oz <b>Wheat Roll</b> 1 each	<b>Goulash</b> 4 oz.
<b>VEGETABLE</b>	Steamed Broccoli 4 oz.	Grape Tomatoes 2oz. Corn 4 oz.	Sauteed Green Beans and Tomatoes 4 oz.	Roasted Vegetable Medley 4 oz.	Steamed Carrots 4oz.
<b>FRUIT</b>	Whole Apple 4 oz. Apple sauce for Toddlers	Peaches 4 oz.	Sliced Pears 4 oz.	Banana each 1	Mixed Fruit 4 oz.
<b>Vegetarian</b>	<b>Steamed Tofu with Marinara</b> 3 oz.			<b>Steamed Tofu</b> 2 oz.	
	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz
<b>WEEK THREE SNACK</b>	Raisins 2 oz. Applesauce for Toddlers Cheese Stick 1 each Ice Water, 8 floz.	Carrots and Celery Sticks (Steamed Carrots for toddlers) 6 oz. Ranch Dressing 2 oz. Naan Dippers oz 2 Ice Water, 8 floz	Pretzels 2 oz. Whole Orange (mandarin for IN/T) 1 each Ice Water, 8 floz.	Pimento Cheese 2 oz. Saltines Crackers 2 each Cucumber Slices 4 oz. Ice Water, 8 floz.	Cottage Cheese 2 oz. Pineapple Tidbits 4 oz. Graham Crackers 2 oz. Ice Water, 8 floz.

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<b><u>WEEK 4</u></b>	<b><u>MONDAY</u></b>	<b><u>TUESDAY</u></b>	<b><u>WEDNESDAY</u></b>	<b><u>THURSDAY</u></b>	<b><u>FRIDAY</u></b>
<b>BREAKFAST - BREAD (iron)</b>	WW English Muffin with Strawberry Jelly 1 each/1oz  Scrambled Eggs 2oz.	Whole Grain Pancakes 2 each Pancake Syrup 2oz Sausage Patty 1 each	Whole wheat Bagel 1 each Cream cheese 1 oz  Hard Boiled Egg 1 Each	Whole Grain Corn Chex 4 oz. Yogurt 2 oz.	Whole Grain Waffles 1 each Scrambled Eggs 2 oz.  Pancake Syrup 1 ounce
<b>FRUIT/VEGETABLE</b>	Whole Apples (applesauce for infant) 4 oz.	Mandarin Oranges 4 oz.	Pineapple Tidbits 4 oz.	Pears 4 oz.	Banana 1each
<b>Vegetarian</b>					
	<b>Milk 1%, 8floz</b>	<b>Milk 1%, 8floz</b>	<b>Milk 1%, 8floz</b>	<b>Milk 1%, 8floz</b>	<b>Milk 1%, 8floz</b>
<b>LUNCH - MEAT</b>	Southwest Turkey Taco 2 oz. Shredded Cheese 1 oz WW Tortilla 1/2 Salsa 1 oz	Tator Tot Casserole 4 oz.	Grill Chicken Nuggets 2 oz. WG Roll 1 each Ketchup 1 oz.	Chicken Ranch Wrap 1 each 1 WG tortilla with lettuce and tomato garnish (.5 oz each)	Grilled Cheese and Turkey on Whole Wheat 1 each
<b>VEGETABLE</b>	Mixed Veggie 4 oz.	Peas 4 oz.	Grilled Veggies 4 oz.	Green Beans 4 oz.	Whole Kernel Corn 4 oz
<b>FRUIT</b>	Mixed Fruit 4 oz.	Peaches 4 oz.	Pears 4 oz.	Mandarin Oranges 4 oz.	Applesauce 4 oz.
<b>Vegetarian</b>	Lentils Tacos 2 oz.	Grilled Tofu 2 oz.	Meatless Chicken Nuggets Fat Free Cottage Cheese 2 oz.	Meatless Tenders 2 oz.	Grilled Cheese on Whole Wheat 1 each Black Beans 2 oz.
	<b>Milk 1%, 8floz</b>	<b>Milk 1%, 8floz</b>	<b>Milk 1%, 8floz</b>	<b>Milk 1%, 8floz</b>	<b>Milk 1%, 8floz</b>
<b>WEEK FOUR SNACK</b>	Hard Boiled Egg 1 each Saltines Crackers 2 each Baby Carrots 4oz. (steamed for toddlers) Ice Water, 8 floz	Refried beans 2 oz. Naan Dippers 2 ea. Ice Water 8 floz.	Honey Yogurt dipping sauce 2 oz. Vanilla Yogurt for infant 2 oz. Oat's and Honey granola 2 oz. Banana 1 each Water, 8 floz	Cracker, Graham 2 each String Cheese 1 each Water, 8 floz	Banana 1 each Gold Fish Crackers 1 each Ice Water, 8 floz.