



## Valley Early Learning Center (VELC)

	9/13/2021	9/14/2021	9/15/2021	9/16/2021	9/17/2021
WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WGR Oatmeal Muffins Apples Milk*	WGR Biscuits & Navy Bean & Meat Gravy Orange Slices Milk*	WGR Multi-Grain Oat Cereal Bananas Milk*	WGR Oatmeal Swirlers Orange Slices Milk*	Scrambled Eggs WGR Biscuits Apple Slices Milk*
Lunch	Chicken Stir Fry w/Stir Fry Veggies WGR Brown Rice Green Beans Milk*	Rainbow Bake WGR Macaroni w/Kidney Beans, Mixed Veggies, & Cheese Cauliflower Milk*	Peanut & Jelly WGR Sandwich Carrots Orange Slices Cheese Stick Milk*	Taco Soup w/Ground Beef, Beans & Corn Mixed Veggies Tortillas Chips Milk*	Bean Soup WGR Roll Green Beans Orange Slices Milk*
Snack	WGR Goldfish Crackers Mixed fruit Water	Cheese Stick Peaches Water	Pretzels Pears Water	Yogurt Diced Apple Water	HM Hummus Tortilla Chips Water
<i>*1 year old children are served whole milk, and children over age 2 are served fat free milk.</i>					

	9/20/2021	9/21/2021	9/22/2021	9/23/2021	9/24/2021
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WGR Oatmeal Muffins Apple Slices Milk*	Pancakes Applesauce Milk*	WGR Rice Cereal Oranges Milk*	WGR Bagels w/Cream Cheese Bananas Milk*	WGR Oatmeal Apple Slices Milk*
Lunch	Chicken, Broccoli, & WGR Rice Casserole Corn Milk*	WGR Spaghetti Cheese bake w/Meat Sauce Mixed Veggies Broccoli Cheese Stick Milk*	Ham & Cheese WGR Sandwich Green Beans Carrots w/Ranch Cheese Stick Milk*	HM WGR Mac and Cheese w/Cauliflower Peas & Carrots Milk*	Tuna WGR Sandwich Carrots w/Ranch Orange Slices Milk*
Snack	Rice Cakes Cuties Water	Pretzels Pears Water	Baked Snack Crackers Mixed fruit Water	Yogurt Diced Apple Water	Bean Dip Tortillas Chips Water
<i>*1 year old children are served whole milk, and children over age 2 are served fat free milk.</i>					

**"VELC is an equal opportunity provider"**