





**Ebenezer**

CHILD CARE FROM THE HEART

# August 2020

## Breakfast/Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
2 	3 Bran Flakes Pears  Cheese Quesadillas	4 WW Pancakes Applesauce  Graham Crackers	5 Banana Muffins Plums  Apples w/soy butter dip	6 WW Cinnamon Toast Mixed Fruit  Fresh Veggies w/Dip	7 No Cook Oatmeal Peaches  Fresh Fruit	8	
	10 Corn Bread Muffins Pineapple  Ham & Saltines	11 Toasted Oats Cereal Applesauce  Soy butter & jelly	12 Corn Flakes Pears  Cottage Cheese	13 WW Toast w/ Jelly Apricots  Yogurt & Fruit Parfait	14 WW Biscuits Bananas  Oranges	15	
16	17 Morning Glory Muffins Strawberries  WW Toast	18 Kix Cereal Pears  Soft Pretzels	19 WW English Muffins Peaches  Fresh Veggies	20 Rice Chex Plums  WW Turkey Roll Up	21 Yogurt Apple Slices  Nachos w/	22	
23	24 WW English Muffin Pears  Bread Sticks	25 WW Pancakes Applesauce  Baby Carrots	26 Hard Boiled Eggs Peaches  Pumpkin Muffin	27 Crisp Rice Cereal Bananas  String Cheese	28 Bran Flakes Oranges  Graham Crackers	29	
30	31 Toasted Oats Cereal Fruit Cocktail  Egg Salad Pita Wedges	<b>All breakfasts are served with unflavored milk. Children ages two and above receive skim milk, children under two receive whole</b>					



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## Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 	3 WW Egg Salad Sdwh Cucumber Coins Baked Potato Chips Mixed Fruit	4 Bean Soup String Cheese Mixed Vegetables WW Roll w/Butter	5 WW Tuna Salad Sdwh Green Beans Taco Chips Apricots	6 Chicken Stir Fry w/ Rice Stir Fry Vegetables Mandarin Oranges	7 Beef Loaf Mashed Potatoes Carrots WW Bread/Butter	1/8
9	10 Lasagna Garden Salad WW Roll w/Butter Peaches	11 Fish Nuggets Rice Medley Green Peas Fruit Cocktail	12 Egg Casserole w/Turkey Sausage Broccoli WW Toast	13 Chicken Noodle Soup Cheese Sticks Fresh Veggies & Dip Assorted Crackers	14 Beef Taco Skillet Green Beans Chips & Salsa Fresh Fruit	15
16	17 Beef & Noodle Casserole Fresh Pea Pods Apricots	18 Baked Ham Vegetable Medley WW Bread/Butter Mandarin Oranges	19 Creamed Turkey w/Rice Broccoli Pineapple	20 Tuna Noodle Casserole Peas Pears	21 Cheese WW Quesadilla Rice Medley Corn Fruit Cocktail	22
23	24 Pasta Toss w/ Veggies Cheese Slice Broccoli Mandarin Oranges	25 Beef Chop Suey w/Chow Mein Noodles Green Beans WW Bread/Butter	26 Chicken Chowder Diced Carrots WW Roll w/ Butter Pineapple	27 Spaghetti w/Meat Sauce Garden Salad Soft WW Bread Stick Plums	28 Mini Corn Dogs Mixed Vegetables Tator Tots WW Bread/Butter	29 
30	31 Turkey w/ Gravy Mashed Potatoes Peas WW Bread/Butter	<b>All lunches served with unflavored milk. Children ages two and above receive skim milk, children under two receive whole milk.</b>				