



Ebenezer

CHILD CARE FROM THE HEART

August 2022

Breakfast/Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<p>1 WW Waffles w/Syrup Applesauce</p> <p>Fruit w/ Yogurt</p>	<p>2 Kix Cereal Pineapple</p> <p>Turkey Roll Ups</p>	<p>3 WW Toast w/ Jelly Fresh Fruit</p> <p>Pumpkin Muffins</p>	<p>4 Rice Chex Apricots</p> <p>Cucumbers w/ Dip</p>	<p>5 WW Biscuits Pears</p> <p>Cheese &</p>	6 	
7	<p>8 Toasted Oats Cereal Peaches</p> <p>Graham Crackers</p>	<p>9 WW Cinn/Raisin Toast Pineapple</p> <p>Fresh Veggies</p>	<p>10 Bagels w/ Soy Butter Plums</p> <p>Bologna Sandwich</p>	<p>11 Corn Chex Apricots</p> <p>Blueberry Muffins</p>	<p>12 WW Eng Muffin w/Jelly Fruit Cocktail</p> <p>Fresh Fruit</p>	13	
14	<p>15 Scrambled Eggs Pears</p> <p>Animal Crackers</p>	<p>16 Crisp Rice Cereal Bananas</p> <p>Fruit & Yogurt</p>	<p>17 Zucchini Bread Peaches</p> <p>Pretzels w/Cheese Dip</p>	<p>18 Corn Flakes Mandarin Oranges</p> <p>Pizza Pocket</p>	<p>19 WW French Toast Applesauce</p> <p>String Cheese</p>	20	
21	<p>22 Bran Flakes Pears</p> <p>Cheese Quesadillas</p>	<p>23 WW Pancakes Applesauce</p> <p>Graham Crackers</p>	<p>24 Banana Muffins Plums</p> <p>Apples w/soy butter dip</p>	<p>25 WW Cinnamon Toast Mixed Fruit</p> <p>Fresh Veggies w/Dip</p>	<p>26 No Cook Oatmeal Peaches</p> <p>Fresh Fruit</p>	27 	
28 	<p>29 Corn Bread Muffins Pineapple</p> <p>Ham & Saltines</p>	<p>30 Toasted Oats Cereal Applesauce</p> <p>Soy butter & jelly</p>	<p>31 Corn Flakes Pears</p> <p>Cottage Cheese</p>	All breakfasts are served with unflavored milk. Children ages two and above receive skim milk,			



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Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Ziti Noodle Casserole w/ Beef Carrots Plums	2 Tuna Melt on WW Bun Garden Peas Peaches	3 Mexican Chicken & Rice Refried Beans Garden Salad	4 Meatloaf Mashed Potatoes Mixed Vegetables WW Bread/Butter	5 Baked Ham Golden Corn WW Bread/Butter Fresh Fruit	6
7	8 Turkey Noodle Soup WW Cheese Sandwich Carrots Pears	9 Fish Patty on WW Bun Oven Browned Potatoes Broccoli Fruit Cocktail	10 Tator Tot Casserole Peas WW Bread/Butter Mandarin Oranges	11 Chicken Salad on WW Croissant Celery Sticks Apple Slices	12 Meatballs w/Gravy Spiral Noodles Green Beans Peaches	13
14	15 WW Bagel Pizza w/ Cheese Garden Salad Fresh Fruit	16 Chicken & Broccoli Alfredo Carrots WW Bread Sticks	17 WW Beef Burrito Chips & Salsa Corn Fruit Cocktail	18 Vegetable Soup WW Turkey Sandwich Assorted Crackers Apricots	19 WW Bar-B-Q Beef Sandwich Broccoli Pineapple	20
21 	22 WW Egg Salad Sdwh Cucumber Coins Baked Potato Chips Mixed Fruit	23 Bean Soup String Cheese Mixed Vegetables WW Roll w/Butter	24 WW Tuna Salad Sdwh Green Beans Taco Chips Apricots	25 Chicken Stir Fry w/ Rice Stir Fry Vegetables Mandarin Oranges	26 Beef Loaf Mashed Potatoes Carrots WW Bread/Butter	27 
28 	29 Lasagna Garden Salad WW Roll w/Butter Peaches	30 Fish Nuggets Rice Medley Green Peas Fruit Cocktail	31 Egg Casserole w/Turkey Sausage Broccoli WW Toast	All lunches served with unflavored milk. Children ages two and above receive skim		