







Ebenezer

CHILD CARE FROM THE HEART

December 2021

Breakfast/Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	All breakfasts served with unflavored milk. Children ages two and above receive		1 WW Toast w/ Jelly Fresh Fruit Pumpkin Muffins	2 Rice Chex Apricots Cucumbers w/ Dip	3 WW Biscuits Pears Cheese &	4
5	6 Toasted Oats Cereal Applesauce Graham Crackers	7 WW Cinn/Raison Toast Pineapple Fresh Veggies	8 Bagels w/ Soy Butter Plums Bologna Sandwich	9 Corn Chex Apricots Blueberry Muffins	10 WW Eng Muffin w/Jelly Fruit Cocktail Fresh Fruit	11
12	13 Zucchini bread Pears Animal Crackers	14 Crisp Rice Cereal Bananas Fruit & Yogurt	15 Scrambled Eggs Peaches Pretzels w/Cheese Dip	16 Corn Flakes Mandarin Oranges Pizza Pocket	17 WW French Toast Applesauce String Cheese	18 
19	20 Bran Flakes Pears Cheese Quesadillas	21 WW Pancakes Applesauce Graham Crackers	22 Banana Muffins Plums Apples w/soy butter dip	23 WW Cinnamon Toast Mixed Fruit Fresh Veggies w/Dip	24 Christmas Day Observed	25
	27 Corn Bread Muffins Pineapple Ham & Saltines	28 Toasted Oats Cereal Applesauce Soy butter & jelly	29 Corn Flakes Pears Cottage Cheese	30 WW Toast w/ Jelly Apricots Yogurt & Fruit Parfait	31 New Years Day Observed	



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Lunch Menu

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