
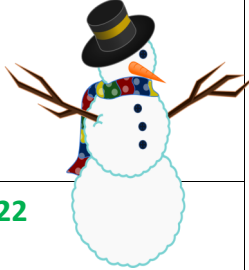






# January 2022

## Breakfast/Snack Menu






Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>2</b></p> 	<p><b>3</b></p> <p>WW English Muffin Pears</p> <p>Bread Sticks</p>	<p><b>4</b></p> <p>WW Pancakes Applesauce</p> <p>Baby Carrots</p>	<p><b>5</b></p> <p>Hard Boiled Eggs Peaches</p> <p>Pumpkin Muffin</p>	<p><b>6</b></p> <p>Crisp Rice Cereal Bananas</p> <p>String Cheese</p>	<p><b>7</b></p> <p>Bran Flakes Oranges</p> <p>Graham Crackers</p>	<p><b>8</b></p>
<p><b>9</b></p>	<p><b>10</b></p> <p>Toasted Oats Cereal Fruit Cocktail</p> <p>Egg Salad Pita Wedges</p>	<p><b>11</b></p> <p>Strawberry Bread Peaches</p> <p>Cr Cheese Ants on Log WG Cheez It Crackers</p>	<p><b>12</b></p> <p>Corn Flakes Bananas</p> <p>Trail Mix 100% Pineapple Juice</p>	<p><b>13</b></p> <p>Bagels w/Soy Butter Apricots</p> <p>Cottage Cheese WG Goldfish Crackers</p>	<p><b>14</b></p> <p>Corn Bread Muffins Plums</p> <p>Lady Bug Apples w/ Pretzels</p>	<p><b>15</b></p> 
<p><b>16</b></p> 	<p><b>17</b></p> <p>Apple Oatmeal Pineapple</p> <p>SoyButt/Jelly w/Cracker 100% Grape Juice</p>	<p><b>18</b></p> <p>WW Bagel Fruit Cocktail</p> <p>Hard Boiled Eggs Green Pepper Sticks</p>	<p><b>19</b></p> <p>WW Waffles Applesauce</p> <p>Zucchini Bread Milk</p>	<p><b>20</b></p> <p>Corn Chex Apricots</p> <p>Bananas WG Goldfish Crackers</p>	<p><b>21</b></p> <p>WW Eng Muffin w/Jelly Pears</p> <p>String Cheese Fresh Fruit</p>	<p><b>22</b></p>
<p><b>23</b></p>	<p><b>24</b></p> <p>Scrambled Eggs WW Toast OJ</p> <p>Pea Pods</p>	<p><b>25</b></p> <p>Crisp Rice Cereal Bananas</p> <p>Graham Crackers</p>	<p><b>26</b></p> <p>WW Banana Pancakes Applesauce</p> <p>Bean Dip w/ Cheese</p>	<p><b>27</b></p> <p>Kix Cereal Mandarin Oranges</p> <p>Fresh Fruit</p>	<p><b>28</b></p> <p>Blueberry Muffins Peaches</p> <p>Pretzels</p>	
<p><b>30</b></p> 	<p><b>31</b></p> <p>Cream of Wheat Pears</p> <p>Corn Bread Muffins</p>	<p><b>All breakfasts served with unflavored milk. Children ages two and above receive skim milk, children under 2 receive whole milk.</b></p>				



**Ebenezer**  
CHILD CARE FROM THE HEART

# June 2022

## Lunch Menu

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