

Breakfast/Snack Menu

January 2019




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Happy New Year Center Closed</p>	<p>2</p> <p>Crisp Rice Cereal Pears Graham Crackers 100% Apple Juice</p>	<p>3</p> <p>*Pancakes/Banana Bean Dip w/ Cheese Tortilla Chips</p>	<p>4</p> <p>Gingerbread Muffins* / Peaches</p>
<p>7</p> <p>Cream of Wheat/Pears Corn Bread Muffins/Milk</p>	<p>8</p> <p>Rice Chex/Pineapple Cheese Quesadilla/Milk</p>	<p>9</p> <p>*Cinnamon Toast/Mixed Fruit Yogurt/Apple Slices</p>	<p>10</p> <p>Bagels w/Soy Butter/Oranges Fresh Veggies/Dip/*Crackers</p>	<p>11</p> <p>Bran Flakes/Peaches Fresh Fruit/Cheese Cubes</p>
<p>14</p> <p>*English Muffin/Pineapple Tortilla Chips/Salsa/Cheese</p>	<p>15</p> <p>Corn Flakes/Pears Bean Dip/Pita Chips</p>	<p>16</p> <p>*Pancakes/Applesauce Whole Grain Goldfish Crackers 100% Pineapple juice</p>	<p>17</p> <p>Toasted Oats Cereal/Mixed Fruit Baby Carrots/String Cheese</p>	<p>18</p> <p>Banana Muffins/Apricots Apple/Soy Butter Raisins/Pretzels</p>
<p>21</p> <p>Waffles/Syrup/Applesauce Fruit/Yogurt/Whole Grain Crackers</p>	<p>22</p> <p>Kix Cereal/Pineapple Turkey Roll Ups/100% Fruit Juice</p>	<p>23</p> <p>*Toast/Jelly/Fresh Fruit Pumpkin Muffins/Milk</p>	<p>24</p> <p>Rice Chex/Apricots Cucumbers/Dip Whole Grain Oyster Crackers*</p>	<p>25</p> <p>Biscuits * / Pears Cheese/ *Crackers</p>
<p>28</p> <p>Toasted Oats Cereal/Peaches Graham Crackers/Milk</p>	<p>29</p> <p>*Cinnamon Raisin Toast/Pineapple Fresh Veggies/*Crackers</p>	<p>30</p> <p>Bagels/Soy Butter/Plums Bologna Sandwich*/100% Fruit Juice</p>	<p>31</p> <p>Kix Cereal/Mandarin Oranges Fresh Fruit/*Crackers</p>	

All Breakfasts are served with milk. Children ages two and above receive skim milk. Children under two receive whole milk. *Indicates Whole Wheat Product.

www.ebenezerchildcare.com

Lunch Menu January 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Happy New Year Center Closed</p>	<p>2</p> <p>Hamburgers on WW Buns</p> <p>Garden Peas</p> <p>Baked Potato Chips</p>	<p>3</p> <p>Beef Stir Fry w/ Rice</p> <p>Stir Fry Vegetables</p> <p>Pineapple</p>	<p>4</p> <p>Macaroni & Cheese w/ Hot Dog pieces</p> <p>Green Beans</p>
<p>Minestrone Soup w/Beans</p> <p>Cheese Stick</p> <p>Baby Carrots</p>	<p>Not Fried Rice</p> <p>Refried Beans</p> <p>WW Tortilla</p>	<p>Beef Stew w/ Mixed Vegetables</p> <p>WW Dinner Roll/butter</p> <p>Apricots</p>	<p>Tomato Soup</p> <p>WW Grilled Cheese Sandwich</p> <p>Green Beans</p> <p>Pears</p>	<p>Chicken Pot Pie w/ Vegetables</p> <p>WW Bread/butter</p> <p>Plums</p>
<p>14</p> <p>Beef & Noodle Casserole</p> <p>Broccoli</p> <p>Pineapple Tidbits</p>	<p>15</p> <p>Scalloped Potatoes w/ Ham</p> <p>Green Peas</p> <p>WW Bread/butter</p> <p>Apricots</p>	<p>16</p> <p>Chicken Lasagna</p> <p>Green Beans</p> <p>Soft WW Bread Stick</p> <p>Mandarin Oranges</p>	<p>17</p> <p>Sloppy Joes on WW Buns</p> <p>Mixed Vegetables</p> <p>French Fries</p> <p>Pears</p>	<p>18</p> <p>Quiche</p> <p>Broccoli</p> <p>WW Bread/butter</p> <p>Fresh Fruit</p>
<p>21</p> <p>Bologna WW Sandwich</p> <p>Cucumber Coins</p> <p>Baked Potato Chips</p> <p>Peaches</p>	<p>22</p> <p>Ziti Noodle Casserole w/ Beef</p> <p>Carrots</p> <p>Plums</p>	<p>23</p> <p>Tuna Melt on WW Bun</p> <p>Garden Peas</p> <p>Peaches</p>	<p>24</p> <p>Mexican Chicken & Rice</p> <p>Refried Beans</p> <p>Garden Salad</p> <p>Mandarin Oranges</p>	<p>25</p> <p>Meatloaf</p> <p>Mashed Potatoes</p> <p>Mixed Vegetables</p> <p>WW Bread/butter</p>
<p>28</p> <p>Baked Ham</p> <p>Golden Corn</p> <p>WW Bread/butter</p> <p>Fresh Fruit</p>	<p>29</p> <p>Turkey Noodle Soup</p> <p>WW Cheese Sandwich</p> <p>Carrots</p> <p>Pears</p>	<p>30</p> <p>Fish Patty on WW Bun</p> <p>Oven Browned Potatoes</p> <p>Broccoli</p> <p>Fruit Cocktail</p>	<p>31</p> <p>Tater Tot Casserole</p> <p>Peas</p> <p>WW Bread/butter</p> <p>Mandarin Oranges</p>	