




Ebenezer

CHILD CARE FROM THE HEART

January 2023

Breakfast/Snack Menu


Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> 	<p>2</p> <p>New Years Celebrated</p> <p>Centers Closed</p>	<p>3</p> <p>Rice Chex Pineapple</p> <p>Cheese Quesadilla Milk</p>	<p>4</p> <p>Cinnamon WW Toast Mixed Fruit</p> <p>Yogurt Apple Slices</p>	<p>5</p> <p>Bagels w/Soy Butter Mandarin Oranges</p> <p>Fresh Veggies w/Dip WG Oyster Crackers</p>	<p>6</p> <p>Bran Flakes Peaches</p> <p>Fresh Fruit Cheese Cubes</p>	<p>7</p>
<p>8</p>	<p>9</p> <p>WW English Muffin Pineapple</p> <p>Tortilla Chips Salsa & Cheese</p>	<p>10</p> <p>Corn Flakes Pears</p> <p>Bean Dip w/ Pita Chips Milk</p>	<p>11</p> <p>WW Pancakes Applesauce</p> <p>WG Goldfish Crackers 100% Pineapple Juice</p>	<p>12</p> <p>Toasted Oats Cereal Mixed Fruit</p> <p>Baby Carrots String Cheese</p>	<p>13</p> <p>Banana Muffins Apricots</p> <p>Lady Bug Apple w/ Pretzels</p>	<p>14</p>
<p>15</p>	<p>16</p> <p>WW Waffles w/Syrup Applesauce</p> <p>Fruit w/ Yogurt WG Ritz Crackers</p>	<p>17</p> <p>Kix Cereal Pineapple</p> <p>Turkey Roll Ups 100% Fruit Punch Juice</p>	<p>18</p> <p>WW Toast w/ Jelly Fresh Fruit</p> <p>Pumpkin Muffins Milk</p>	<p>19</p> <p>Rice Chex Apricots</p> <p>Cucumbers w/ Dip WG Oyster Crackers</p>	<p>20</p> <p>WW Biscuits Pears</p> <p>Cheese & Saltine Crackers</p>	<p>21</p> 
<p>22</p>	<p>23</p> <p>Toasted Oats Cereal Peaches</p> <p>Graham Crackers</p>	<p>24</p> <p>WW Cinn/Raison Toast Pineapple</p> <p>Fresh Veggies</p>	<p>25</p> <p>Bagels w/ Soy Butter Plums</p> <p>Bologna Sandwich</p>	<p>26</p> <p>Corn Chex Apricots</p> <p>Blueberry Muffins</p>	<p>27</p> <p>WW Eng Muffin w/Jelly Fruit Cocktail</p> <p>Fresh Fruit</p>	<p>28</p>
<p>29</p>	<p>30</p> <p>Scrambled Eggs Pears</p> <p>Animal Crackers Milk</p>	<p>31</p> <p>Crisp Rice Cereal Bananas</p> <p>Fruit & Yogurt Saltine Crackers</p>	 <p>All breakfasts served with unflavored milk. Children ages two and above receive skim milk, children under 2 receive whole milk.</p>			



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Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	New Years Day Celebrated	3 Beef Stew w/Mixed Vegetables WW Dinner Roll/Butter Apricots	4 Tomato Soup WW Grilled Cheese Sandwiches Green Beans	5 Chicken Pot Pie w/ Vegetables WW Bread/Butter Plums	6 Beef & Noodle Casserole Broccoli Pineapple Tidbits	7 
8	9 Scalloped Potatoes w/ Ham Green Peas WW Bread/Butter	10 Chicken Lasagna Green Beans Soft WW Bread Stick Mandarin Oranges	11 Sloppy Joes on WW Buns Mixed Vegetables French Fries	12 Quiche Broccoli WW Bread/Butter Fresh Fruit	13 Bologna WW Sndwh Cucumber Coins Baked Potato Chips Peaches	14
15	16 Ziti Noodle Casserole w/ Beef Carrots Plums	17 Tuna Melt on WW Bun Garden Peas Peaches	18 Mexican Chicken & Rice Refried Beans Garden Salad	19 Meatloaf Mashed Potatoes Mixed Vegetables WW Bread/Butter	20 Baked Ham Golden Corn WW Bread/Butter Fresh Fruit	21
22	23 Turkey Noodle Soup WW Cheese Sandwich Carrots Pears	24 Fish Patty on WW Bun Oven Brownd Potatoes Broccoli Fruit Cocktail	25 Tator Tot Casserole Peas WW Bread/Butter Mandarin Oranges	26 Chicken Salad on WW Croissant Celery Sticks Apple Slices	27 Meatballs w/Gravy Spiral Noodles Green Beans Peaches	28
29	30 WW Bagel Pizza w/ Cheese Garden Salad Fresh Fruit	31 Chicken & Broccoli Alfredo Carrots WW Bread Sticks		All lunches served with milk. Children ages two and above receive skim milk, children under two		