








**Ebenezer**

CHILD CARE FROM THE HEART

# January 2021

## Breakfast/Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>All breakfasts served with milk. Children ages two and above receive skim milk, children under 2 receive whole milk.</b></p>				<p><b>1</b> New Years Day Centers</p>	<p><b>2</b> </p>
<p><b>3</b></p>	<p><b>4</b> Toasted Oats Cereal Peaches  Graham Crackers Milk</p>	<p><b>5</b> WW Cinn/Raison Toast Pineapple  Fresh Veggies WG Cheez It Crackers</p>	<p><b>6</b> Bagels w/ Soy Butter Mandarin Oranges  Bologna Sandwich Fruit Juice</p>	<p><b>7</b> Corn Chex Pears  Blueberry Muffins Milk</p>	<p><b>8</b> WW Eng Muffin w/Jelly Fruit Cocktail  Fresh Fruit Cheese</p>	<p><b>9</b></p>
<p><b>10</b> </p>	<p><b>11</b> Zucchini Bread Pears  Animal Crackers Milk</p>	<p><b>12</b> Crisp Rice Cereal Bananas  Fruit &amp; Yogurt Saltine Crackers</p>	<p><b>13</b> Scrambled Eggs Peaches  Pretzels w/Cheese Dip Fruit Juice</p>	<p><b>14</b> Corn Flakes Pineapple  Pizza Pocket Milk</p>	<p><b>15</b> WW French Toast Applesauce  String Cheese WG Oyster Crackers</p>	<p><b>16</b></p>
<p><b>17</b></p>	<p><b>18</b> Bran Flakes Pears  Cheese Quesadillas</p>	<p><b>19</b> WW Pancakes Applesauce  Graham Crackers</p>	<p><b>20</b> Banana Muffins Fresh fruit  Apples w/soy butter dip</p>	<p><b>21</b> WW Cinnamon Toast Mixed Fruit  Fresh Veggies w/Dip</p>	<p><b>22</b> No Cook Oatmeal Peaches  Plums</p>	<p><b>23</b> </p>
<p><b>24 / 31</b></p>	<p><b>25</b> Corn Bread Muffins Pineapple  Ham &amp; Saltines</p>	<p><b>26</b> Toasted Oats Cereal Applesauce  Soy butter &amp; jelly</p>	<p><b>27</b> Corn Flakes Pears  Cottage Cheese</p>	<p><b>28</b> WW Toast w/ Jelly Apricots  Yogurt &amp; Fruit Parfait</p>	<p><b>29</b> WW Biscuits Bananas  Oranges</p>	







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# January 2021

## Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>All lunches served with milk. Children ages two and above receive skim milk, children under</b>			<b>New Years Day</b>  <b>Centers</b>	<sup>2</sup> 
<sup>3</sup>	<sup>4</sup> WW Bagel Pizza w/ Cheese Garden Salad Fresh Fruit	<sup>5</sup> Chicken & Broccoli Alfredo Carrots WW Bread Sticks	<sup>6</sup> WW Beef Burrito Chips & Salsa Corn Fruit Cocktail	<sup>7</sup> Vegetable Soup WW Turkey Sandwich Assorted Crackers Apricots	<sup>8</sup> WW Bar-B-Q Beef Sandwich Broccoli Pineapple	<sup>9</sup>
<sup>10</sup> 	<sup>11</sup> WW Egg Salad Sdwh Cucumber Coins Baked Potato Chips Mixed Fruit	<sup>12</sup> Bean Soup String Cheese Mixed Vegetables WW Roll w/Butter	<sup>13</sup> WW Tuna Salad Sdwh Green Beans Taco Chips Apricots	<sup>14</sup> Chicken Stir Fry w/ Rice Stir Fry Vegetables Mandarin Oranges	<sup>15</sup> Beef Loaf Mashed Potatoes Carrots WW Bread/Butter	<sup>16</sup> 
<sup>17</sup> 	<sup>18</sup> Lasagna Garden Salad WW Breadsticks	<sup>19</sup> Fish Nuggets Rice Medley Green Peas	<sup>20</sup> Egg Casserole w/Turkey Sausage Broccoli WW Toast	<sup>21</sup> Chicken Noodle Soup Cheese Sticks Fresh Veggies & Dip Assorted Crackers	<sup>22</sup> Beef Taco Skillet Green Beans Chips & Salsa Fresh Fruit	<sup>23</sup>
<sup>24/31</sup>	<sup>25</sup> Beef & Noodle Casserole Fresh Pea Pods	<sup>26</sup> Baked Ham Vegetable Medley WW Bread/Butter	<sup>27</sup> Creamed Turkey w/Rice Broccoli Pineapple	<sup>28</sup> Tuna Noodle Casserole Peas Pears	<sup>29</sup> Cheese WW Quesadilla Rice Medley Corn	<sup>30</sup> 