






Ebenezer
CHILD CARE FROM THE HEART

July 2021

Breakfast/Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>All breakfasts served with unflavored milk. Children ages two and above receive skim milk, children under two receive whole milk.</p>				<p>1 Corn Flakes Pineapple Pizza Pocket</p>	<p>2 WW French Toast Applesauce String Cheese</p>	<p>3</p> 
	<p>4</p> 	<p>5 4th of July Observed Centers Closed</p>	<p>6 WW Pancakes Applesauce Graham Crackers</p>	<p>7 Banana Muffins Plums Apples w/soy butter dip</p>	<p>8 WW Cinnamon Toast Mixed Fruit Soy butter & jelly</p>	<p>9 No Cook Oatmeal Peaches Fresh Fruit</p>
<p>11</p>	<p>12 Corn Bread Muffins Pineapple Ham & Saltines</p>	<p>13 Toasted Oats Cereal Applesauce Fresh veggies /// Dip</p>	<p>14 Corn Flakes Pears Cottage Cheese</p>	<p>15 WW Toast w/ Jelly Apricots Yogurt & Fruit Parfait</p>	<p>16 WW Biscuits w/ jelly Bananas Oranges</p>	<p>17</p>
<p>18</p>	<p>19 Morning Glory Muffins Strawberries WW Toast</p>	<p>20 Kix Cereal Pears Soft Pretzels</p>	<p>21 WW English Muffins w/ jelly Peaches Fresh Veggies</p>	<p>22 Rice Chex Plums WW Turkey Roll Up</p>	<p>23 Yogurt Apple Slices Nachos w/</p>	<p>24</p>
<p>25</p>	<p>26 WW English Muffin w/ jelly Pears Bread Sticks</p>	<p>27 WW Pancakes Applesauce Baby Carrots</p>	<p>28 Hard Boiled Eggs Peaches Pumpkin Muffin</p>	<p>29 Crisp Rice Cereal Bananas Yogurt</p>	<p>30 Bran Flakes Oranges Graham Crackers</p>	<p>31</p> 



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Lunch Menu

Sun Mon Tue Wed Thu Fri Sat

	All lunches served with unflavored milk. Children two and above receive skim milk, children under two receive whole milk.			1 Chicken Stir Fry w/ Rice Stir Fry Vegetables Mandarin Oranges	2 Beef Loaf Mashed Potatoes Carrots WW Bread/Butter	3 
4 	5 4th of July observed Centers closed	6 Fish Nuggets Rice Medley Green Peas Fresh Fruit	7 Egg Casserole w/Turkey Sausage Broccoli WW Toast	8 Chicken Noodle Soup Cheese Sticks Fresh Veggies & Dip Assorted Crackers	9 Beef Taco Skillet Green Beans Chips & Salsa Fruit cocktail	10
11	12 Beef & Noodle Casserole Fresh Pea Pods Apricots	13 Baked Ham Vegetable Medley WW Bread/Butter Mandarin Oranges	14 Creamed Turkey w/Rice Broccoli Pineapple	15 Tuna Noodle Casserole Peas Pears	16 Cheese WW Quesadilla Rice Medley Corn Fruit Cocktail	17
18 	19 Pasta Toss w/ Veggies Cheese Slice Broccoli Mandarin Oranges	20 Beef Chop Suey w/Chow Mein Noodles Green Beans WW Bread/Butter	21 Chicken Chowder Diced Carrots WW Roll w/ Butter Pineapple	22 Spaghetti w/Meat Sauce Garden Salad Soft WW Bread Stick Fresh fruit	23 Mini Corn Dogs Mixed Vegetables Tator Tots WW Bread/Butter	24
25 	26 Turkey w/ Gravy Mashed Potatoes Peas WW Bread/Butter	27 Taco Casserole w/ WW Soft Shells Golden Corn Fruit cocktail	28 Chicken Parmesan WW Sandwich Green Beans Mandarin Oranges	29 Vegetable Soup w/Beans & Noodles Cheese Stick Soft WW Bread Stick	30 Ham WW Sandwich Baked Potato Chips Carrot Sticks Pears	31 