







Ebenezer
CHILD CARE FROM THE HEART

June 2022 Lunch Menu

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



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CHILD CARE FROM THE HEART

June 2022

Breakfast/Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Banana Muffins Plums Apples w/soy butter dip	2 WW Cinnamon Toast Mixed Fruit Fresh Veggies w/Dip	3 No Cook Oatmeal Peaches Fresh Fruit	4 
5	6 Corn Bread Muffins Pineapple Ham & Saltines	7 Toasted Oats Cereal Applesauce Soy butter & jelly	8 Corn Flakes Pears Cottage Cheese	9 WW Toast w/ Jelly Apricots Yogurt & Fruit Parfait	10 WW Biscuits Bananas Oranges	11
12	13 Morning Glory Muffins Strawberries WW Toast	14 Kix Cereal Pears Soft Pretzels	15 WW English Muffins Peaches Fresh Veggies	16 Rice Chex Plums WW Turkey Roll Up	17 Yogurt Apple Slices Nachos w/	18
19 	20 WW English Muffin Pears Bread Sticks	21 WW Pancakes Applesauce Baby Carrots	22 Hard Boiled Eggs Peaches Pumpkin Muffin	23 Crisp Rice Cereal Bananas String Cheese	24 Bran Flakes Oranges Graham Crackers	25
26	27 Toasted Oats Cereal Fruit Cocktail Egg Salad	28 Strawberry Bread Peaches Cr Cheese Ants on Log	29 Corn Flakes Bananas Trail Mix	30 Bagels w/Soy Butter Apricots Cottage Cheese	All breakfasts served with unflavored milk. Children ages two and above receive skim milk, children under two receive	