







Ebenezer

CHILD CARE FROM THE HEART

March 2020

Breakfast/Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 	2 Morning Glory Muffins Strawberries WW Toast	3 Kix Cereal Pears Soft Pretzels	4 WW English Muffins Peaches Fresh Veggies	5 Rice Chex Plums WW Turkey Roll Up	6 Yogurt Apple Slices Nachos w/	7 	
8	9 WW English Muffin Pears Bread Sticks	10 WW Pancakes Applesauce Baby Carrots	11 Hard Boiled Eggs Peaches Pumpkin Muffin	12 Crisp Rice Cereal Bananas String Cheese	13 Bran Flakes Oranges Graham Crackers	14	
15 	16 Toasted Oats Cereal Fruit Cocktail Egg Salad	17 Strawberry Bread Peaches Cr Cheese Ants on Log	18 Corn Flakes Bananas Trail Mix	19 Bagels w/Soy Butter Apricots Cottage Cheese	20 Corn Bread Muffins Plums Lady Bug Apples	21 	
22	23 Apple Oatmeal Pineapple SoyButt/Jelly w/Cracker	24 WW Bagel Fruit Cocktail Hard Boiled Eggs	25 WW Waffles Applesauce Zucchini Bread	26 Corn Chex Apricots Bananas	27 WW Eng Muffin w/Jelly Pears String Cheese	28	
29 	30 Scrambled Eggs WW Toast OJ Pea Pods	31 Crisp Rice Cereal Bananas Graham Crackers	All breakfasts served with milk. Children ages two and above receive skim milk, children under 2 receive whole milk.				

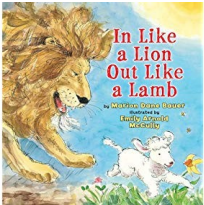



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Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Beef & Noodle Casserole Fresh Pea Pods Apricots	3 Baked Ham Vegetable Medley WW Bread/Butter Mandarin Oranges	4 Creamed Turkey w/Rice Broccoli Pineapple	5 Tuna Noodle Casserole Peas Pears	6 Cheese WW Quesadilla Rice Medley Corn Fruit Cocktail	7 
8	9 Pasta Toss w/ Veggies Cheese Slice Broccoli Mandarin Oranges	10 Beef Chop Suey w/Chow Mein Noodles Green Beans WW Bread/Butter	11 Chicken Chowder Diced Carrots WW Roll w/ Butter Pineapple	12 Spaghetti w/Meat Sauce Garden Salad Soft WW Bread Stick Plums	13 Mini Corn Dogs Mixed Vegetables Tator Tots WW Bread/Butter	14
15 	16 Turkey w/ Gravy Mashed Potatoes Peas WW Bread/Butter	17 Taco Casserole w/ WW Soft Shells Golden Corn Applesauce	18 Chicken Parmesan WW Sandwich Green Beans Mandarin Oranges	19 Vegetable Soup w/Beans & Noodles Cheese Stick Soft WW Bread Stick	20 Ham WW Sandwich Baked Potato Chips Carrot Sticks Pears	21
22	23 WW Bean Burrito w/ Cheese Golden Corn Rice Medley	24 Hamburger Stroganoff Over Noodles Diced Carrots Pears	25 Italian Turkey WW Sandwiches Mixed Vegetables Mandarin Oranges	26 Hot Dogs on WW Buns Green Beans Oven Browned Potatoes Apple Slices	27 Chicken Nuggets Mashed Potatoes Broccoli WW Roll w/ Butter	28 
29 	30 Chopped Chicken Salad Cucumbers Soft WW Bread Sticks	31 Hamburgers on WW Buns Garden Peas Baked Potato Chips			All lunches served with milk. Children ages two and above receive skim milk, children un-	