








**Ebenezer**



# March 2023

## Breakfast/Snack Menu

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






**Ebenezer**

CHILD CARE FROM THE HEART

# March 2023

## Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	S 
	<b>All lunches served with milk. Children ages two and above receive skim milk, children</b>		<b>1</b> Chicken Chowder Diced Carrots WW Roll w/ Butter Pineapple	<b>2</b> Spaghetti w/Meat Sauce Garden Salad Soft WW Bread Stick Plums	<b>3</b> Mini Corn Dogs Mixed Vegetables Tator Tots WW Bread/Butter	<b>4</b>
<b>5</b>	<b>6</b> Turkey w/ Gravy Mashed Potatoes Peas WW Bread/Butter	<b>7</b> Taco Casserole w/ WW Soft Shells Golden Corn Applesauce	<b>8</b> Chicken Parmesan WW Sandwich Green Beans Mandarin Oranges	<b>9</b> Vegetable Soup w/Beans & Noodles Cheese Stick Soft WW Bread Stick	<b>10</b> Ham WW Sandwich Baked Potato Chips Carrot Sticks Pears	<b>11</b>
<b>12</b>	<b>13</b> WW Bean Burrito w/ Cheese Golden Corn Rice Medley	<b>14</b> Hamburger Stroganoff Over Noodles Diced Carrots Pears	<b>15</b> Italian Turkey WW Sandwiches Mixed Vegetables Mandarin Oranges	<b>16</b> Hot Dogs on WW Buns Green Beans Oven Browned Potatoes Apple Slices	<b>17</b> Chicken Nuggets Mashed Potatoes Broccoli WW Roll w/ Butter	<b>18</b>
<b>19</b> 	<b>20</b> Chopped Chicken Salad Cucumbers Soft WW Bread Sticks	<b>21</b> Hamburgers on WW Buns Garden Peas Baked Potato Chips	<b>22</b> Beef Stir Fry w/ Rice Stir Fry Vegetables Pineapple	<b>23</b> Macaroni & Cheese w/Hot Dog Pieces Green Beans Plums	<b>24</b> Minestrone Sp w/Beans Cheese Stick Baby Carrots WW Bread/Butter	<b>25</b>
<b>26</b>	<b>27</b> Not Fried Rice Refried Beans WW Tortilla Golden Corn	<b>28</b> Beef Stew w/Mixed Vegetables WW Dinner Roll/Butter Apricots	<b>29</b> Tomato Soup WW Grilled Cheese Sandwiches Green Beans	<b>30</b> Chicken Pot Pie w/ Vegetables WW Bread/Butter Plums	<b>31</b> Beef & Noodle Casserole Broccoli Pineapple Tidbits	