Ebenezer
CHILD CARE FROM THE HEART

May 2023

Breakfast/Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Bran Flakes Pears Cheese Quesadillas	2 WW Pancakes Applesauce Graham Crackers	3 Banana Muffins Plums Apples w/soy butter dip	4 WW Cinnamon Toast Mixed Fruit Fresh Veggies w/Dip	5 No Cook Oatmeal Peaches Fresh Fruit	
7	8 Corn Bread Muffins Pineapple Ham & Saltines	9 Toasted Oats Cereal Applesauce Soy butter & jelly	10 Corn Flakes Pears Cottage Cheese	11 WW Toast w/ Jelly Apricots Yogurt & Fruit Parfait	12 WW Biscuits Bananas Oranges	13
14	15 Morning Glory Muffins Strawberries WW Toast Applesauce	16 Kix Cereal Pears Soft Pretzels Cheese	17 WW English Muffins Peaches Fresh Veggies WG Ritz Crackers	18 Rice Chex Plums WW Turkey Roll Up Milk	19 Yogurt Apple Slices Nachos w/ Salsa & Cheese	20
21	22 WW English Muffin Pears Bread Sticks	23 WW Pancakes Applesauce Baby Carrots	24 Hard Boiled Eggs Peaches Pumpkin Muffin	25 Crisp Rice Cereal Bananas String Cheese	26 Bran Flakes Oranges Graham Crackers	27
	29 **Memorial Day Centers Closed**	30 Strawberry Bread Peaches Cr Cheese Ants on Log	31 Corn Flakes Bananas Trail Mix			

All breakfasts served with unflavored milk. Children ages two and above receive skim milk, children

www.ebenezerchildcare.com

Ebenezer
CHILD CARE FROM THE HEART

May 2023

Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 WW Egg Salad Sdwh Cucumber Coins Baked Potato Chips Mixed Fruit	**2** Bean Soup String Cheese Mixed Vegetables WW Roll w/Butter	**3** WW Tuna Salad Sdwh Green Beans Taco Chips Apricots	**4** Chicken Stir Fry w/ Rice Stir Fry Vegetables Mandarin Oranges	**5** Beef Loaf Mashed Potatoes Carrots WW Bread/Butter	**6**
7	**8** Lasagna Garden Salad WW Roll w/Butter Peaches	**9** Fish Nuggets Rice Medley Green Peas Fruit Cocktail	**10** Egg Casserole w/Turkey Sausage Broccoli WW Toast	**11** Chicken Noodle Soup Cheese Sticks Fresh Veggies & Dip Assorted Crackers	**12** Beef Taco Skillet Green Beans Chips & Salsa Fresh Fruit	**13**
14	**15** Beef & Noodle Casserole Fresh Pea Pods Apricots	**16** Baked Ham Vegetable Medley WW Bread/Butter Mandarin Oranges	**17** Creamed Turkey w/Rice Broccoli Pineapple	**18** Tuna Noodle Casserole Peas Pears	**19** Cheese WW Quesadilla Rice Medley Corn Fruit Cocktail	**20**
21	**22** Pasta Toss w/ Veggies Cheese Slice Broccoli Mandarin Oranges	**23** Beef Chop Suey w/Chow Mein Noodles Green Beans WW Bread/Butter	**24** Chicken Chowder Diced Carrots WW Roll w/ Butter Pineapple	**25** Spaghetti w/Meat Sauce Garden Salad Soft WW Bread Stick Plums	**26** Mini Corn Dogs Mixed Vegetables Tator Tots WW Bread/Butter	**27**
	29 **Memorial Day** **Centers** **Closed**	**30** Taco Casserole w/ WW Soft Shells Golden Corn Applesauce	**31** Chicken Parmesan WW Sandwich Green Beans Mandarin Oranges	**All lunches served with milk. Children ages two and above receive skim milk, children un-**		

www.ebenezerchildcare.com