



**Ebenezer**

CHILD CARE FROM THE HEART

# November 2022

## Breakfast/Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> WW Cinn/Raison Toast Pineapple  Fresh Veggies	<b>2</b> Bagels w/ Soy Butter Plums  Bologna Sandwich	<b>3</b> Corn Chex Apricots  Blueberry Muffins	<b>4</b> WW Eng Muffin w/Jelly Fruit Cocktail  Fresh Fruit	<b>5</b>
<b>6</b>		<b>7</b> Scrambled Eggs Pears  Animal Crackers	<b>8</b> Crisp Rice Cereal Bananas  Fruit & Yogurt	<b>9</b> Zucchini Bread Peaches  Pretzels w/Cheese Dip	<b>10</b> Corn Flakes Mandarin Oranges  Pizza Pocket	<b>11</b> WW French Toast Applesauce  String Cheese
<b>13</b>		<b>14</b> Bran Flakes Pears  Cheese Quesadillas	<b>15</b> WW Pancakes Applesauce  Graham Crackers	<b>16</b> Banana Muffins Plums  Apples w/soy butter dip	<b>17</b> WW Cinnamon Toast Mixed Fruit  Fresh Veggies w/Dip	<b>18</b> No Cook Oatmeal Peaches  Fresh Fruit
<b>20</b>		<b>21</b> Corn Bread Muffins Pineapple  Ham & Saltines	<b>22</b> Toasted Oats Cereal Applesauce  Soy butter & jelly	<b>23</b> Corn Flakes Pears  Cottage Cheese	<b>24</b> <b>Thanksgiving Centers Closed</b>	<b>25</b> WW Biscuits Bananas  Oranges
<b>27</b>		<b>28</b> Morning Glory Muffins Strawberries  WW Toast	<b>29</b> Kix Cereal Pears  Soft Pretzels	<b>30</b> WW English Muffins Peaches  Fresh Veggies	<b>All breakfasts served with unflavored milk. Children ages two and above receive skim milk, children under two receive whole milk.</b>	
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## Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Fish Patty on WW Bun Oven Browned Potatoes Broccoli Fruit Cocktail	<b>2</b> Tator Tot Casserole Peas WW Bread/Butter Mandarin Oranges	<b>3</b> Chicken Salad on WW Croissant Celery Sticks Apple Slices	<b>4</b> Meatballs w/Gravy Spiral Noodles Green Beans Peaches	<b>5</b> 
<b>6</b>	<b>7</b> WW Bagel Pizza w/ Cheese Garden Salad Fresh Fruit	<b>8</b> Chicken & Broccoli Alfredo Carrots WW Bread Sticks	<b>9</b> WW Beef Burrito Chips & Salsa Corn Fruit Cocktail	<b>10</b> Vegetable Soup WW Turkey Sandwich Assorted Crackers Apricots	<b>11</b> WW Bar-B-Q Beef Sandwich Broccoli Pineapple	<b>12</b>
<b>13</b>	<b>14</b> WW Egg Salad Sdwh Cucumber Coins Baked Potato Chips Mixed Fruit	<b>15</b> Bean Soup String Cheese Mixed Vegetables WW Roll w/Butter	<b>16</b> WW Tuna Salad Sdwh Green Beans Taco Chips Apricots	<b>17</b> Chicken Stir Fry w/ Rice Stir Fry Vegetables Mandarin Oranges	<b>18</b> Beef Loaf Mashed Potatoes Carrots WW Bread/Butter	<b>19</b>
<b>20</b>	<b>21</b> Lasagna Garden Salad WW Roll w/Butter Peaches	<b>22</b> Fish Nuggets Rice Medley Green Peas Fruit Cocktail	<b>23</b> Egg Casserole w/Turkey Sausage Broccoli WW Toast	<b>24</b> <b>Thanksgiving            Centers</b>	<b>25</b> Beef Taco Skillet Green Beans Chips & Salsa Fresh Fruit	<b>26</b> 
<b>27</b> 	<b>28</b> Beef & Noodle Casserole Fresh Pea Pods Apricots	<b>29</b> Baked Ham Vegetable Medley WW Bread/Butter Mandarin Oranges	<b>30</b> Creamed Turkey w/Rice Broccoli Pineapple	<b>All lunches served with unflavored            milk. Children ages two and above re-            ceive skim milk, children under two</b>		