






Ebenezer

CHILD CARE FROM THE HEART

October 2020

Breakfast/Snack Menu

Sun Mon Tue Wed Thu Fri Sat

| | | | | | | |
|---|---|---|---|--|--|---|
| <p>All breakfasts served with unflavored milk. Children ages two and above receive skim milk, children under two receive whole milk.</p> | | | | <p>1 Toasted Oats Cereal Mixed Fruit</p> <p>Baby Carrots String Cheese</p> | <p>2 Banana Muffins Apricots</p> <p>Lady Bug Apple w/ Pretzels</p> | <p>3</p>  |
| <p>4</p>  | <p>5 WW Waffles w/Syrup Applesauce</p> <p>Fruit w/ Yogurt</p> | <p>6 Kix Cereal Pineapple</p> <p>Turkey Roll Ups</p> | <p>7 WW Toast w/ Jelly Fresh Fruit</p> <p>Pumpkin Muffins</p> | <p>8 Rice Chex Apricots</p> <p>Cucumbers w/ Dip</p> | <p>9 WW Biscuits Pears</p> <p>Cheese &</p> | <p>10</p> |
| <p>11</p> | <p>12 Toasted Oats Cereal Peaches</p> <p>Graham Crackers</p> | <p>13 WW Cinn/Raison Toast Pineapple</p> <p>Fresh Veggies</p> | <p>14 Bagels w/ Soy Butter Plums</p> <p>Bologna Sandwich</p> | <p>15 Corn Chex Apricots</p> <p>Blueberry Muffins</p> | <p>16 WW Eng Muffin w/Jelly Fruit Cocktail</p> <p>Fresh Fruit</p> | <p>17</p> |
| <p>18</p> | <p>19 Scrambled Eggs Pears</p> <p>Animal Crackers</p> | <p>20 Crisp Rice Cereal Bananas</p> <p>Fruit & Yogurt</p> | <p>21 Zucchini Bread Peaches</p> <p>Pretzels w/Cheese Dip</p> | <p>22 Corn Flakes Mandarin Oranges</p> <p>Pizza Pocket</p> | <p>23 WW French Toast Applesauce</p> <p>String Cheese</p> | <p>24</p> |
| <p>25</p> | <p>26 Bran Flakes Pears</p> <p>Cheese Quesadillas</p> | <p>27 WW Pancakes Applesauce</p> <p>Graham Crackers</p> | <p>28 Banana Muffins Plums</p> <p>Apples w/soy butter dip</p> | <p>29 WW Cinnamon Toast Mixed Fruit</p> <p>Fresh Veggies w/Dip</p> | <p>30 No Cook Oatmeal Peaches</p> <p>Fresh Fruit</p> | <p>31</p>  |






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CHILD CARE FROM THE HEART

October 2020

Lunch Menu

Sun Mon Tue Wed Thu Fri Sat

| | | | | | | |
|--|---|--|---|---|---|---|
| <p>All lunches served with unflavored milk. Children ages two and above receive skim milk, children under two receive whole milk.</p> | | |  | <p>1 Quiche Broccoli WW Bread/Butter Fresh Fruit</p> | <p>2 Bologna WW Sndwh Cucumber Coins Baked Potato Chips Peaches</p> | <p>3</p> |
| <p>4</p> | <p>5 Ziti Noodle Casserole w/ Beef Carrots Plums</p> | <p>6 Tuna Melt on WW Bun Garden Peas Peaches</p> | <p>7 Mexican Chicken & Rice Refried Beans Garden Salad</p> | <p>8 Meatloaf Mashed Potatoes Mixed Vegetables WW Bread/Butter</p> | <p>9 Baked Ham Golden Corn WW Bread/Butter Fresh Fruit</p> | <p>10</p> |
|  | <p>12 Turkey Noodle Soup WW Cheese Sandwich Carrots Pears</p> | <p>13 Fish Patty on WW Bun Oven Browned Potatoes Broccoli Fruit Cocktail</p> | <p>14 Tator Tot Casserole Peas WW Bread/Butter Mandarin Oranges</p> | <p>15 Chicken Salad on WW Croissant Celery Sticks Apple Slices</p> | <p>16 Meatballs w/Gravy Spiral Noodles Green Beans Peaches</p> | <p>17</p> |
| | <p>19 WW Bagel Pizza w/ Cheese Garden Salad Fresh Fruit</p> | <p>20 Chicken & Broccoli Alfredo Carrots WW Bread Sticks</p> | <p>21 WW Beef Burrito Chips & Salsa Corn Fruit Cocktail</p> | <p>22 Vegetable Soup WW Turkey Sandwich Assorted Crackers Apricots</p> | <p>23 WW Bar-B-Q Beef Sandwich Broccoli Pineapple</p> | <p>24</p> |
| <p>25</p> | <p>26 WW Egg Salad Sdwh Cucumber Coins Baked Potato Chips Mixed Fruit</p> | <p>27 Bean Soup String Cheese Mixed Vegetables WW Roll w/Butter</p> | <p>28 WW Tuna Salad Sdwh Green Beans Taco Chips Apricots</p> | <p>29 Chicken Stir Fry w/ Rice Stir Fry Vegetables Mandarin Oranges</p> | <p>30 Beef Loaf Mashed Potatoes Carrots WW Bread/Butter</p> | <p>31</p>  |