







**Ebenezer**  
CHILD CARE FROM THE HEART

# October 2022

## Breakfast/Snack Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>2</b></p> 	<p><b>3</b></p> <p>Scrambled Eggs WW Toast OJ Pea Pods</p>	<p><b>4</b></p> <p>Crisp Rice Cereal Bananas Graham Crackers</p>	<p><b>5</b></p> <p>WW Banana Pancakes Applesauce Bean Dip w/ Cheese</p>	<p><b>6</b></p> <p>Kix Cereal Mandarin Oranges Fresh Fruit</p>	<p><b>7</b></p> <p>Blueberry Muffins Peaches Pretzels</p>	<p><b>8</b></p> 
<p><b>9</b></p>	<p><b>10</b></p> <p>Cream of Wheat Pears Corn Bread Muffins Milk</p>	<p><b>11</b></p> <p>Rice Chex Pineapple Cheese Quesadilla Milk</p>	<p><b>12</b></p> <p>Cinnamon WW Toast Mixed Fruit Yogurt Apple Slices</p>	<p><b>13</b></p> <p>Bagels w/Soy Butter Mandarin Oranges Fresh Veggies w/Dip WG Oyster Crackers</p>	<p><b>14</b></p> <p>Bran Flakes Peaches Fresh Fruit Cheese Cubes</p>	<p><b>15</b></p>
<p><b>16</b></p>	<p><b>17</b></p> <p>WW English Muffin Pineapple Tortilla Chips</p>	<p><b>18</b></p> <p>Corn Flakes Pears Bean Dip w/ Pita Chips</p>	<p><b>19</b></p> <p>WW Pancakes Applesauce WG Goldfish Crackers</p>	<p><b>20</b></p> <p>Toasted Oats Cereal Mixed Fruit Baby Carrots</p>	<p><b>21</b></p> <p>Banana Muffins Apricots Lady Bug Apple</p>	<p><b>22</b></p>
<p><b>23</b></p>	<p><b>24</b></p> <p>WW Waffles w/Syrup Applesauce Fruit w/ Yogurt</p>	<p><b>25</b></p> <p>Kix Cereal Pineapple Turkey Roll Ups</p>	<p><b>26</b></p> <p>WW Toast w/ Jelly Fresh Fruit Pumpkin Muffins</p>	<p><b>27</b></p> <p>Rice Chex Apricots Cucumbers w/ Dip</p>	<p><b>28</b></p> <p>WW Biscuits Pears Cheese &amp;</p>	<p><b>29</b></p> 
<p><b>30</b></p>	<p><b>31</b></p> <p>Toasted Oats Cereal Peaches Graham Crackers</p>		<p><b>All breakfasts served with unflavored milk. Children ages two and above receive skim milk,</b></p>			




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## Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>3</b> Chopped Chicken Salad Cucumbers Soft WW Bread Sticks	<b>4</b> Hamburgers on WW Buns Garden Peas Baked Potato Chips	<b>5</b> Beef Stir Fry w/ Rice Stir Fry Vegetables Pineapple	<b>6</b> Macaroni & Cheese w/Hot Dog Pieces Green Beans Plums	<b>7</b> Minestrone Sp w/Beans Cheese Stick Baby Carrots WW Bread/Butter	<b>8</b>
<b>9</b>	<b>10</b> Not Fried Rice Refried Beans WW Tortilla Golden Corn	<b>11</b> Beef Stew w/Mixed Vegetables WW Dinner Roll/Butter Apricots	<b>12</b> Tomato Soup WW Grilled Cheese Sandwiches Green Beans	<b>13</b> Chicken Pot Pie w/ Vegetables WW Bread/Butter Plums	<b>14</b> Beef & Noodle Casserole Broccoli Pineapple Tidbits	<b>15</b> 
<b>16</b> 	<b>17</b> Scalloped Potatoes w/ Ham Green Peas WW Bread/Butter	<b>18</b> Chicken Lasagna Green Beans Soft WW Bread Stick Mandarin Oranges	<b>19</b> Sloppy Joes on WW Buns Mixed Vegetables French Fries	<b>20</b> Quiche Broccoli WW Bread/Butter Fresh Fruit	<b>21</b> Bologna WW Sndwh Cucumber Coins Baked Potato Chips Peaches	<b>22</b>
<b>23</b>	<b>24</b> Ziti Noodle Casserole w/ Beef Carrots Plums	<b>25</b> Tuna Melt on WW Bun Garden Peas Peaches	<b>26</b> Mexican Chicken & Rice Refried Beans Garden Salad	<b>27</b> Meatloaf Mashed Potatoes Mixed Vegetables WW Bread/Butter	<b>28</b> Baked Ham Golden Corn WW Bread/Butter Fresh Fruit	<b>29</b>
<b>30</b>	<b>31</b> Turkey Noodle Soup WW Cheese Sandwich Carrots Pears				<b>All lunches served with            unflavored milk.</b>  <b>Children ages two and above receive            skim milk, children under two receive</b>	