



Ebenezer
CHILD CARE FROM THE HEART

September 2021

Breakfast/Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 WW Pancakes Applesauce WG Goldfish Crackers	2 Toasted Oats Cereal Mixed Fruit Baby Carrots	3 Banana Muffins Apricots Lady Bug Apple	4 	
		Labor Day Centers Closed	7 Kix Cereal Mandarin Oranges Turkey Roll Ups	8 WW Toast w/ Jelly Fresh Fruit Pumpkin Muffins	9 Rice Chex Apricots Cucumbers w/ Dip	10 WW Biscuits w/ jelly Pears Cheese &	11
12	13 Toasted Oats Cereal Bananas Graham Crackers	14 WW Cinn/Raison Toast Pineapple Fresh Veggies	15 Bagels w/ Soy Butter Plums Bologna Sandwich	16 Corn Chex Apricots Blueberry Muffins	17 WW Eng Muffin w/Jelly Fruit Cocktail Fresh Fruit	18	
19	20 Zucchini Bread Pears Animal Crackers	21 Crisp Rice Cereal Bananas Fruit & Yogurt	22 Scrambled Eggs Peaches Pretzels w/Cheese Dip	23 Corn Flakes Mandarin Oranges Pizza Pocket	24 WW French Toast Applesauce String Cheese	25	
26	27 Bran Flakes Pears Cheese Quesadillas	28 WW Pancakes Applesauce Graham Crackers	29 Banana Muffins Plums Apples w/soy butter dip	30 WW Cinnamon Toast Mixed Fruit Fresh Veggies w/Dip	All breakfasts served with unflavored milk. Children ages two and above receive skim milk, children under two		



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Lunch Menu

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