



**Ebenezer**

CHILD CARE FROM THE HEART

# September 2023

## Breakfast/Snack Menu

Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat

	<b>All breakfasts served with unflavored milk. Children ages two and above receive skim milk, children under two</b>			<b>1</b> WW Eng Muffin w/Jelly Pears	<b>2</b>	
<b>3</b> 	<b>4</b> <b>Labor Day Centers</b>	<b>5</b> Crisp Rice Cereal Bananas  Graham Crackers	<b>6</b> WW Banana Pancakes Applesauce  Bean Dip w/ Cheese	<b>7</b> Kix Cereal Mandarin Oranges  Fresh Fruit	<b>8</b> Blueberry Muffins Peaches  Pretzels	<b>9</b>
<b>10</b>	<b>11</b> Cream of Wheat Pears  Corn Bread Muffins Milk	<b>12</b> Rice Chex Pineapple  Cheese Quesadilla Milk	<b>13</b> Cinnamon WW Toast Mixed Fruit  Yogurt Apple Slices	<b>14</b> Bagels w/Soy Butter Mandarin Oranges  Fresh Veggies w/Dip WG Oyster Crackers	<b>15</b> Bran Flakes Peaches  Fresh Fruit Cheese Cubes	<b>16</b>
<b>17</b>	<b>18</b> WW English Muffin Pineapple  Tortilla Chips	<b>19</b> Corn Flakes Pears  Bean Dip w/ Pita Chips	<b>20</b> WW Pancakes Applesauce  WG Goldfish Crackers	<b>21</b> Toasted Oats Cereal Mixed Fruit  Baby Carrots	<b>22</b> Banana Muffins Apricots  Lady Bug Apple	<b>23</b>
<b>24</b>	<b>25</b> WW Waffles w/Syrup Applesauce  Fruit w/ Yogurt WG Ritz Crackers	<b>26</b> Kix Cereal Pineapple  Turkey Roll Ups 100% Fruit Punch Juice	<b>27</b> WW Toast w/ Jelly Fresh Fruit  Pumpkin Muffins Milk	<b>28</b> Rice Chex Apricots  Cucumbers w/ Dip WG Oyster Crackers	<b>29</b> WW Biscuits Pears  Cheese & Saltine Crackers	<b>30</b> 






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## Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>All lunches served with unflavored milk. Children ages two and above receive skim</b>			<b>1</b> Chicken Nuggets Mashed Potatoes Broccoli	<b>2</b>
<b>3</b>	<b>4</b> <b>Labor Day</b>  <b>Centers Closed</b>	<b>5</b> Hamburgers on WW Buns Garden Peas	<b>6</b> Beef Stir Fry w/ Rice Stir Fry Vegeta-	<b>7</b> Macaroni & Cheese w/Hot Dog Pic-	<b>8</b> Minestrone Sp w/Beans Cheese Stick Baby Carrots WW Bread/Butter	<b>9</b> 
<b>10</b>	<b>11</b> Not Fried Rice Refried Beans WW Tortilla	<b>12</b> Beef Stew w/Mixed Vegetables WW Dinner Roll/Butter Apricots	<b>13</b> Tomato Soup WW Grilled Cheese	<b>14</b> Chicken Pot Pie w/ Vegetables WW Bread/	<b>15</b> Beef & Noodle Casserole Broccoli	<b>16</b>
<b>17</b>	<b>18</b> Scalloped Potatoes w/ Ham	<b>19</b> Chicken Lasagna Green Beans Soft WW Bread Stick Mandarin Oranges	<b>20</b> Sloppy Joes on WW Buns Mixed Vegetables	<b>21</b> Quiche Broccoli WW Bread/	<b>22</b> Bologna WW Sndwh Cucumber Coins Baked Potato Chips Peaches	<b>23</b>
<b>24</b> 	<b>25</b> Ziti Noodle Casserole w/ Beef Carrots Plums	<b>26</b> Tuna Melt on WW Bun Garden Peas	<b>27</b> Mexican Chicken & Rice Refried Beans	<b>28</b> Meatloaf Mashed Potatoes Mixed Vegetables	<b>29</b> Baked Ham Golden Corn WW Bread/Butter	<b>30</b>