



Ebenezer

CHILD CARE FROM THE HEART

September 2022

Breakfast/Snack Menu

Sun Mon Tue Wed Thu Fri Sat

	<p>All breakfasts served with unflavored milk. Children ages two and above receive skim</p>					<p>1 WW Toast w/ Jelly Apricots Yogurt & Fruit Parfait</p>	<p>2 WW Biscuits Bananas Oranges</p>	<p>3</p>
<p>4</p>	<p>5 Labor Day Centers</p>	<p>6 Kix Cereal Pears Soft Pretzels</p>	<p>7 WW English Muffins Peaches Fresh Veggies</p>	<p>8 Rice Chex Plums WW Turkey Roll Up</p>	<p>9 Yogurt Apple Slices Nachos w/</p>	<p>10</p>		
<p>11</p>	<p>12 WW English Muffin Pears Bread Sticks</p>	<p>13 WW Pancakes Applesauce Baby Carrots</p>	<p>14 Hard Boiled Eggs Peaches Pumpkin Muffin</p>	<p>15 Crisp Rice Cereal Bananas String Cheese</p>	<p>16 Bran Flakes Oranges Graham Crackers</p>	<p>17</p>		
<p>18</p>	<p>19 Toasted Oats Cereal Fruit Cocktail Egg Salad</p>	<p>20 Strawberry Bread Peaches Cr Cheese Ants on Log</p>	<p>21 Corn Flakes Bananas Trail Mix</p>	<p>22 Bagels w/Soy Butter Apricots Cottage Cheese</p>	<p>23 Corn Bread Muffins Plums Lady Bug Apples</p>	<p>24</p>		
<p>25</p>	<p>26 Apple Oatmeal PiGneapple SoyButt/Jelly w/Cracker 100% rape Juice</p>	<p>27 WW Bagel Fruit Cocktail Hard Boiled Eggs Green Pepper Sticks</p>	<p>28 WW Waffles Applesauce Zucchini Bread Milk</p>	<p>29 Corn Chex Apricots Bananas WG Goldfish Crackers</p>	<p>30 WW Eng Muffin w/Jelly Pears String Cheese Fresh Fruit</p>			







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Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>All lunches served with unflavored milk. Children ages two and above receive skim</p>		<p>1 Chicken Noodle Soup Cheese Sticks Fresh Veggies & Dip Assorted Crackers</p>	<p>2 Beef Taco Skillet Green Beans Chips & Salsa Fresh Fruit</p>	<p>3</p> 
<p>4</p> 	<p>Labor Day Centers</p>	<p>6 Baked Ham Vegetable Medley WW Bread/Butter Mandarin Oranges</p>	<p>7 Creamed Turkey w/Rice Broccoli Pineapple</p>	<p>8 Tuna Noodle Casserole Peas Pears</p>	<p>9 Cheese WW Quesadilla Rice Medley Corn Fruit Cocktail</p>	<p>10</p>
<p>11</p>	<p>12 Pasta Toss w/ Veggies Cheese Slice Broccoli Mandarin Oranges</p>	<p>13 Beef Chop Suey w/Chow Mein Noodles Green Beans WW Bread/Butter</p>	<p>14 Chicken Chowder Diced Carrots WW Roll w/ Butter Pineapple</p>	<p>15 Spaghetti w/Meat Sauce Garden Salad Soft WW Bread Stick Plums</p>	<p>16 Mini Corn Dogs Mixed Vegetables Tator Tots WW Bread/Butter</p>	<p>17</p>
<p>18</p>	<p>19 Turkey w/ Gravy Mashed Potatoes Peas WW Bread/Butter</p>	<p>20 Taco Casserole w/ WW Soft Shells Golden Corn Applesauce</p>	<p>21 Chicken Parmesan WW Sandwich Green Beans Mandarin Oranges</p>	<p>22 Vegetable Soup w/Beans & Noodles Cheese Stick Soft WW Bread Stick</p>	<p>23 Ham WW Sandwich Baked Potato Chips Carrot Sticks Pears</p>	<p>24</p> 
<p>25</p>	<p>26 WW Bean Burrito w/ Cheese Golden Corn Rice Medley</p>	<p>27 Hamburger Stroganoff Over Noodles Diced Carrots Pears</p>	<p>28 Italian Turkey WW Sandwiches Mixed Vegetables Mandarin Oranges</p>	<p>29 Hot Dogs on WW Buns Green Beans Oven Browned Potatoes Apple Slices</p>	<p>30 Chicken Nuggets Mashed Potatoes Broccoli WW Roll w/ Butter</p>	