





Ebenezer

CHILD CARE FROM THE HEART

September 2020

Breakfast/Snack Menu

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|---|--|---|
|  | | 1 Strawberry Bread Peaches Cr Cheese Ants on Log WG Cheez It Crackers | 2 Corn Flakes Bananas Trail Mix 100% Pineapple Juice | 3 Bagels w/Soy Butter Apricots Cottage Cheese WG Goldfish Crackers | 4 Corn Bread Muffins Plums Lady Bug Apples w/ Pretzels | 5 |
| 6 | 7 Labor Day! Centers | 8 WW Bagel Fruit Cocktail Hard Boiled Eggs | 9 WW Waffles Applesauce Zucchini Bread | 10 Corn Chex Apricots Bananas | 11 WW Eng Muffin w/Jelly Pears String Cheese | 12  |
| 13 | 14 Scrambled Eggs WW Toast OJ Pea Pods Hummus | 15 Crisp Rice Cereal Bananas Graham Crackers 100% Apple Juice | 16 WW Banana Pancakes Applesauce Bean Dip w/ Cheese Tortilla Chips | 17 Kix Cereal Mandarin Oranges Fresh Fruit WG Ritz Crackers | 18 Blueberry Muffins Peaches Pretzels Cottage Cheese Dip | 19 |
| 20 | 21 Cream of Wheat Pears Corn Bread Muffins | 22 Rice Chex Pineapple Cheese Quesadilla | 23 Cinnamon WW Toast Mixed Fruit Yogurt | 24 Bagels w/Soy Butter Mandarin Oranges Fresh Veggies w/Dip | 25 Bran Flakes Peaches Fresh Fruit | 26 |
| 27 | 28 WW English Muffin Pineapple Tortilla Chips | 29 Corn Flakes Pears Bean Dip w/ Pita Chips | 30 WW Pancakes Applesauce WG Goldfish Crackers | All breakfasts served with un-flavored milk. Children ages two and above receive skim milk, children under two receive whole milk. | | |



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Lunch Menu

| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
|-----|--|---|--|--|--|---|----|
| | | 1 Taco Casserole w/ WW Soft Shells Golden Corn Applesauce | 2 Chicken Parmesan WW Sandwich Green Beans Mandarin Oranges | 3 Vegetable Soup w/Beans & Noodles Cheese Stick Soft WW Bread Stick | 4 Ham WW Sandwich Baked Potato Chips Carrot Sticks Pears | 5 | |
| 6 | 7 <p style="text-align: center;">Labor Day</p> <p style="text-align: center;">Center Closed</p> | 8 Hamburgers on WW Buns Garden Peas Baked Potato Chips | 9 Beef Stir Fry w/ Rice Stir Fry Vegetables Pineapple | 10 Macaroni & Cheese w/Hot Dog Pieces Green Beans Plums | 11 Minestrone Sp w/Beans Cheese Stick Baby Carrots WW Bread/Butter | 12 | |
| 13 | | 14 Not Fried Rice Refried Beans WW Tortilla Golden Corn | 15 Beef Stew w/Mixed Vegetables WW Dinner Roll/Butter Apricots | 16 Tomato Soup WW Grilled Cheese Sandwiches Green Beans | 17 Chicken Pot Pie w/ Vegetables WW Bread/Butter Plums | 18 Beef & Noodle Casserole Broccoli Pineapple Tidbits | 19 |
| 20 | 21 Scalloped Potatoes w/ Ham Green Peas WW Bread/Butter | 22 Chicken Lasagna Green Beans Soft WW Bread Stick Mandarin Oranges | 23 Sloppy Joes on WW Buns Mixed Vegetables French Fries | 24 Quiche Broccoli WW Bread/Butter Fresh Fruit | 25 Bologna WW Sndwh Cucumber Coins Baked Potato Chips Peaches | 26 | |
| 27 | 28 Ziti Noodle Casserole w/ Beef Carrots Plums | 29 Tuna Melt on WW Bun Garden Peas Peaches | 30 Mexican Chicken & Rice Refried Beans Garden Salad Mandarin Oranges | <p>All lunches served with unflavored milk. Children ages two and above receive skim milk, children under two receive whole milk.</p> | | | |