





**Ebenezer**

CHILD CARE FROM THE HEART

# November 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 receive whole milk.</b> |  | <b>1</b><br>WW English Muffins<br>Peaches<br><br>Fresh Veggies          | <b>2</b><br>Rice Chex<br>Plums<br><br>WW Turkey Roll Up       | <b>3</b><br>Yogurt<br>Apple Slices  | <b>4</b>  |  |
|  | <b>5</b>   | <b>6</b><br>WW English Muffin<br>Pears<br><br>Bread Sticks             | <b>7</b><br>WW Pancakes<br>Applesauce                                   | <b>8</b><br>Hard Boiled Eggs<br>Peaches<br><br>Pumpkin Muffin | <b>9</b><br>Crisp Rice Cereal<br>Bananas<br><br>String Cheese                         | <b>10</b><br>Bran Flakes<br>Oranges<br><br>Graham Crackers      | <b>11</b>  |
|  | <b>12</b>  | <b>13</b><br>Toasted Oats Cereal<br>Fruit Cocktail<br><br>Egg Salad    | <b>14</b><br>Strawberry Bread<br>Peaches<br><br>Cr Cheese Ants on Log   | <b>15</b><br>Corn Flakes<br>Bananas<br><br>Trail Mix          | <b>16</b><br>Bagels w/Soy Butter<br>Apricots<br><br>Cottage Cheese                    | <b>17</b><br>Corn Bread Muffins<br>Plums<br><br>Lady Bug Apples | <b>18</b>  |
|  | <b>19</b>  | <b>20</b><br>Apple Oatmeal<br>Pineapple<br><br>SoyButt/Jelly w/Cracker | <b>21</b><br>WW Bagel<br>Fruit Cocktail<br><br>Hard Boiled Eggs         | <b>22</b><br>WW Waffles<br>Applesauce<br><br>Zucchini Bread   | <b>Thanksgiving Centers Closed</b>  |   | <b>24</b><br>WW Eng Muffin w/Jelly<br>Pears<br><br>String Cheese |
| <b>26</b>  | <b>27</b><br>Scrambled Eggs<br>WW Toast     OJ<br><br>Pea Pods   | <b>28</b><br>Crisp Rice Cereal<br>Bananas<br><br>Graham Crackers       | <b>39</b><br>WW Banana Pancakes<br>Applesauce<br><br>Bean Dip w/ Cheese | <b>30</b><br>Kix Cereal<br>Mandarin Oranges                   |  |   |  |

shutterstock - 704887345

## Lunch Menu



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