



Ebenezer
CHILD CARE FROM THE HEART

December 2023

Breakfast/Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri		
				All breakfasts served with unflavored milk. Children ages two and above receive		1 Blueberry Muffins Peaches	
3	4 Cream of Wheat Pears	5 Rice Chex Pineapple	6 Cinnamon WW Toast Mixed Fruit	7 Bagels w/Soy Butter Mandarin Orang-	8 Bran Flakes Peaches	9	
	11 WW English Muffin Pineapple	12 Corn Flakes Pears	13 WW Pancakes Applesauce WG Goldfish Crackers	14 Toasted Oats Ce- real Mixed Fruit	15 Banana Muffins Apricots	16	
	18 WW Waffles w/Syrup Applesauce	19 Kix Cereal Pineapple Turkey Roll Ups	20 WW Toast w/ Jel- ly Fresh Fruit	21 Rice Chex Apricots	22 WW Biscuits Pears	23	
	25 Christmas Day Centers Closed	26 WW Cinn/Raison Toast Pineapple Fresh Veggies WG Cheez It Crackers	27 Bagels w/ Soy Butter Plums	28 Corn Chex Apricots	29 WW Eng Muffin w/Jelly Fruit Cocktail Fresh Fruit Cheese	30	



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Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		All lunches served with unflavored milk. Children ages two and above receive skim milk, children under two			1 Minestrone Sp w/Beans Cheese Stick Baby Carrots WW Bread/Butter Grapes	2
3 	4 Not Fried Rice Refried Beans WW Tortilla Golden Corn Fruit Cocktail	5 Beef Stew w/Mixed Vegetables WW Dinner Roll/Butter Apricots	6 Tomato Soup WW Grilled Cheese Sandwiches	7 Chicken Pot Pie w/ Vegetables WW Bread/Butter	8 Beef & Noodle Casserole Broccoli Pineapple Tidbits	9 
10 	11 Scalloped Potatoes w/ Ham Green Peas	12 Chicken Lasagna Green Beans Soft WW Bread Stick	13 Sloppy Joes on WW Buns Mixed Vegetables	14 Quiche Broccoli WW Bread/Butter	15 Bologna WW Sndwh Cucumber Coins Baked Potato Chips Peaches	16
17 	18 Ziti Noodle Casserole w/ Beef Carrots	19 Tuna Melt on WW Bun Garden Peas Peaches	20 Mexican Chicken & Rice Refried Beans Garden Salad	21 Meatloaf Mashed Potatoes Mixed Vegetables WW Bread/	22 Baked Ham Golden Corn WW Bread/Butter Fresh Fruit	23
24 	25 Christmas Day Centers Closed	Fish Patty on WW Bun Oven Browned Potatoes WW Dinner Roll/Butter Fruit Cocktail	Tator Tot Casserole Peas WW Bread/Butter	Chicken Salad on WW Croissant Celery Sticks Apple Slices	Meatballs w/ Gravy Spiral Noodles Grapes	30