



**Ebenezer**  
CHILD CARE FROM THE HEART



# February 2024



## Breakfast/Snack Menu

Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat

	<p><b>All breakfasts served with unflavored milk.</b> <b>Children ages two and above receive skim milk, children under 2 receive whole milk.</b></p>					
<p><b>4</b></p>	<p><b>5</b> Apple Oatmeal Pineapple  Soy Butter/Jelly w/ Cracker</p>	<p><b>6</b> WG Bagel Fruit Cocktail  Hard Boiled Eggs</p>	<p><b>7</b> WW Waffles Applesauce  Zucchini Bread</p>	<p><b>1</b> Bagels w/Soy Butter Apricots  Cottage Cheese</p>	<p><b>2</b> Corn Bread Muffins Pears  Lady Bug Apples</p>	<p><b>3</b></p>
<p><b>11</b></p>	<p><b>12</b> Scrambled Eggs WW Toast    OJ  Pea Pods</p>	<p><b>13</b> Crisp Rice Cereal Bananas  WG Graham Crackers</p>	<p><b>14</b> WW Banana Pancakes Applesauce  Bean Dip w/ Cheese</p>	<p><b>8</b> WG Corn Chex Apricots  Bananas</p>	<p><b>9</b> WW Eng Muffin w/Jelly Pears  String Cheese</p>	<p><b>10</b></p>
<p><b>18</b></p>	<p><b>19</b> Cream of Wheat Pears  Corn Bread Muffins</p>	<p><b>20</b> WG Rice Chex Pineapple  Cheese Quesadilla WG</p>	<p><b>21</b> Cinnamon WW Toast Mixed Fruit  Yogurt</p>	<p><b>15</b> WG Kix Cereal Mandarin Oranges  Fresh Fruit</p>	<p><b>16</b> Blueberry Muffins Peaches  Pretzels</p>	<p><b>17</b></p>
<p><b>25</b></p>	<p><b>26</b> WW English Muffin Pineapple  Tortilla Chips</p>	<p><b>27</b> Corn Flakes Pears  Bean Dip w/ Pita Chips</p>	<p><b>28</b> WG Pancakes Applesauce  WG Goldfish Crackers</p>	<p><b>29</b> WG Toasted Oats Cereal Mixed Fruit  Baby Carrots</p>		



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## Lunch Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>All lunches served with milk. Children ages two and above receive skim milk, children under 2 receive whole milk.</b>			<b>1</b> Vegetable Soup w/Beans & Noodles Cheese Stick Soft WW Bread Stick	<b>2</b> Ham WW Sandwich Baked Potato Chips Carrot Sticks Pears	<b>3</b>
<b>4</b>	<b>5</b> WW Bean Burrito w/ Cheese Golden Corn Rice Medley	<b>6</b> Hamburger Stroganoff Over Noodles Diced Carrots Pears	<b>7</b> Italian Turkey WW Sandwiches Mixed Vegetables Mandarin Oranges	<b>8</b> Hot Dogs on WW Buns Green Beans Oven Brownd Potatoes Apple Slices	<b>9</b> Chicken Nuggets Mashed Potatoes Broccoli WW Roll w/ Butter	<b>10</b>
<b>11</b>	<b>12</b> Chopped Chicken Salad Cucumbers Soft WW Bread Sticks	<b>13</b> Hamburgers on WW Buns Garden Peas Baked Potato Chips	<b>14</b> Beef Stir Fry w/ Rice Stir Fry Vegetables Pineapple 	<b>15</b> Macaroni & Cheese w/Hot Dog Pieces Green Beans Plums	<b>16</b> Minestrone Sp w/Beans Cheese Stick Baby Carrots WW Bread/Butter	<b>17</b>
<b>18</b>	<b>19</b> Not Fried Rice Refried Beans WG Tortilla Golden Corn	<b>20</b> Beef Stew w/Mixed Vegetables WW Dinner Roll/Butter Apricots	<b>21</b> Tomato Soup WW Grilled Cheese Sandwiches Green Beans	<b>22</b> Chicken Pot Pie w/ Vegetables WW Bread/Butter Plums	<b>23</b> Beef & Noodle Casserole Broccoli Pineapple Tidbits	<b>24</b>
<b>25</b>	<b>26</b> Scalloped Potatoes w/ Ham Green Peas WW Bread/Butter	<b>27</b> Chicken Lasagna Green Beans Soft WW Bread Stick Mandarin Oranges	<b>28</b> Sloppy Joes on WW Buns Mixed Vegetables French Fries	<b>29</b> Quiche Broccoli WW Bread/Butter Fresh Fruit	