



Ebenezer

CHILD CARE FROM THE HEART

April 2024

Breakfast/Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Corn Bread Muffins Pineapple Ham & Saltines 100% Grape Juice	2 WG Toasted Oats Cereal Applesauce Soy butter & jelly WW Sndwch Milk	3 Corn Flakes Pears Cottage Cheese Peaches	4 WW Toast w/ Jelly Apricots Yogurt & Fruit Parfait Graham Crackers	5 WW Biscuits Bananas Oranges Saltine Crackers	
7	8 Morning Glory Muffins Strawberries WW Toast Applesauce	9 WG Kix Cereal Pears Soft Pretzels Cheese	10 English Muffins Peaches Fresh Veggies WG Ritz Crackers	11 WG Rice Chex Plums WW Turkey Roll Up WG Milk	12 Yogurt Apple Slices Nachos w/ Salsa & Cheese	13
14	15 English Muffin Pears Bread Sticks Pizza Sauce	16 WG Pancakes Applesauce Baby Carrots Hummus	17 Hard Boiled Eggs Peaches Pumpkin Muffin Milk	18 Crisp Rice Cereal Bananas String Cheese Animal Crackers	19 Bran Flakes Oranges WG Graham Crackers Milk	20 
21 	22 WG Toasted Oats Cereal Fruit Cocktail Egg Salad Pita Wedges	23 Strawberry Bread Peaches Cr Cheese Ants on Log WG Cheez It Crackers	24 Corn Flakes Bananas Trail Mix 100% Pineapple Juice	25 Bagels w/Soy Butter Apricots Cottage Cheese WG Goldfish Crackers	26 Corn Bread Muffins Plums Lady Bug Apples w/ Pretzels	27
28	29 Apple Oatmeal Pineapple Sunflower butter/Jelly w/Cracker 100% Grape Juice	30 WW Bagel Fruit Cocktail Hard Boiled Eggs Green Pepper Sticks		All breakfasts served with unflavored milk. Children ages two and above receive skim milk, chil- dren under 2 receive whole milk.		



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April 2024 Lunch Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Lasagna Garden Salad WW Roll w/Butter Peaches	2 Fish Nuggets Rice Medley Green Peas Fruit Cocktail	3 Egg Casserole w/Turkey Sausage Broccoli WW Toast	4 Chicken Noodle Soup Cheese Sticks Fresh Veggies & Dip Assorted Crackers Grapes	5 Beef Taco Skillet Green Beans Chips & Salsa Fresh Fruit	6
7	8 Beef & Noodle Casserole Fresh Pea Pods Apricots	9 Baked Ham Vegetable Medley WW Bread/Butter Mandarin Oranges	10 Creamed Turkey w/Rice Broccoli Pineapple	11 Tuna Noodle Casserole Peas Pears	12 Cheese WG Quesadilla Rice Medley Corn Fruit Cocktail	13
14	15 Pasta Toss w/ Veggies Cheese Slice Broccoli Mandarin Oranges	16 Beef Chop Suey w/Chow Mein Noodles Green Beans WW Bread/Butter Fruit Cocktail	17 Chicken Chowder Diced Carrots WW Roll w/ Butter Pineapple	18 Spaghetti w/Meat Sauce Garden Salad Soft WW Bread Stick Plums	19 Mini Corn Dogs Mixed Vegetables Tator Tots WW Bread/Butter Peaches	20
21	22 Turkey w/ Gravy Mashed Potatoes Peas WW Bread/Butter Apricots	23 Taco Casserole w/ WG Soft Shells Golden Corn Applesauce	24 Chicken Parmesan WW Sandwich Green Beans Mandarin Oranges	25 Vegetable Soup w/Beans & Noodles Cheese Stick Soft WW Bread Stick Fresh Fruit	26 Ham WW Sandwich Baked Potato Chips Carrot Sticks Pears	27 
28	29 WG Bean Burrito w/ Cheese Golden Corn Rice Medley Apricots	30 Hamburger Stroganoff Over Noodles Diced Carrots Pears		All lunches served with milk. Children ages two and above receive skim milk, children under 2 receive whole milk.		