




Ebenezer

CHILD CARE FROM THE HEART

June 2024

Breakfast/Snack Menu




Sun	Mon	Tue	Wed	Thu	Fri	Sat
	All breakfasts served with unflavored milk. Children ages two and above receive skim milk, children under two receive whole milk.					
	3 Scrambled Eggs Pears Animal Crackers Milk	4 Crisp Rice Cereal Bananas Fruit & Yogurt Saltine Crackers	5 Zucchini Bread Peaches Pretzels w/Cheese Dip Fruit Juice	6 Corn Flakes Mandarin Oranges Pizza Pocket Milk	7 WW French Toast Applesauce String Cheese Oyster Crackers	8
	9 10 Bran Flakes Pears Cheese Quesadillas Milk	11 WW Pancakes Applesauce Graham Crackers Fruit Salsa	12 Banana Muffins Fresh Fruit Apples w/soy butter dip Milk	13 WW Cinnamon Toast Mixed Fruit Fresh Veggies w/Dip Ritz Crackers	14 No Cook Oatmeal Peaches Fresh Fruit WW Cheez-It Crack-	15
	16 17 Corn Bread Muffins Pineapple Ham & Saltines 100% Grape Juice	18 Toasted Oats Cereal Applesauce Soy butter & jelly WW Sndweh Milk	19 Corn Flakes Pears Cottage Cheese Peaches	20 WW Toast w/ Jelly Apricots Yogurt & Fruit Parfait Animal Crackers	21 WW Biscuits Bananas Oranges Saltine Crackers	22
	23/30 24 Morning Glory Muffins Strawberries WW Toast Applesauce	25 Kix Cereal Pears Soft Pretzels Cheese	26 WW English Muffins Peaches Fresh Veggies WG Ritz Crackers	27 Rice Chex Pineapple WW Turkey Roll Up Milk	28 Yogurt Apple Slices Nachos w/ Salsa & Cheese	29



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June 2024 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 receive whole milk.					
	3 WW Bagel Pizza w/ Cheese Garden Salad Fresh Fruit	4 Chicken & Broccoli Alfredo Carrots WW Bread Sticks Pears	5 WW Beef Burrito Chips & Salsa Corn Fruit Cocktail	6 Vegetable Soup WW Turkey Sandwich Assorted Crackers Apricots	7 WW Bar-B-Q Beef Sandwich Broccoli Pineapple	8
9	10 WW Egg Salad Sdwh Cucumber Coins Baked Potato Chips Mixed Fruit	11 Bean Soup String Cheese Mixed Vegetables WW Roll w/Butter Pineapple	12 WW Tuna Salad Sdwh Green Beans Taco Chips Apricots	13 Chicken Stir Fry w/ Rice Stir Fry Vegetables Mandarin Oranges	14 Beef Loaf Mashed Potatoes Carrots WW Bread/Butter Applesauce	15
16	17 Lasagna Garden Salad WW Roll w/Butter Peaches	18 Fish Nuggets Rice Medley Green Peas Fruit Cocktail	19 Egg Casserole w/Turkey Sausage Broccoli WW Toast Applesauce	20 Chicken Noodle Soup Cheese Sticks Fresh Veggies & Dip Assorted Crackers Grapes	21 Beef Taco Skillet Green Beans Chips & Salsa Fresh Fruit	22 
23/30	24 Beef & Noodle Casserole Fresh Pea Pods Apricots	25 Baked Ham Vegetable Medley WW Bread/Butter Mandarin Oranges	26 Creamed Turkey w/Rice Broccoli Pineapple	27 Tuna Noodle Casserole Peas Pears	28 WW Cheese Quesadilla Rice Medley Corn Fruit Cocktail	29