






**Ebenezer**

CHILD CARE FROM THE HEART

# September 2024 Breakfast/Snack Menu


Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 <b>Labor Day</b> <b>Centers</b> <b>Closed</b>	3 WG Pancakes Applesauce  WG Graham Crackers Fruit Salsa	4 Banana Muffins Strawberries  Apples w/Sunbutter dip Milk	5 WW Cinnamon Toast Mixed Fruit  Fresh Veggies w/Dip WW Ritz Crackers	6 No Cook Oatmeal Bananas  Fresh Fruit WG Cheez-It Crackers	7
8	9 Corn Bread Muffins Pineapple  Ham & Saltines Milk	10 WG Toasted Oats Cereal Applesauce  Sunbutter & jelly WW Sndwch Milk	11 Corn Flakes Pears  Cottage Cheese Mandarin Oranges	12 WW Toast w/ Jelly Pineapple  Yogurt & Fruit Parfait Graham Crackers	13 WW Biscuits Bananas  Orange Slices Saltine Crackers	14 
15	16 Morning Glory Muffins Strawberries  WW Toast & Jelly Applesauce	17 WG Kix Cereal Pears  Soft Pretzels Cheese Dip	18 WW English Muffins Bananas  Fresh Veggies WW Ritz Crackers	19 WG Rice Chex Mandarin Oranges  WG Turkey Roll Up Milk	20 Yogurt Apple Slices  Nachos w/ Salsa & Cheese	21
22	23 WW English Muffin Pears  Bread Sticks Pizza Sauce	24 WG Pancakes Applesauce  Baby Carrots Hummus	25 Hard Boiled Eggs Pears  Pumpkin Muffin Milk	26 Crisp Rice Cereal Bananas  String Cheese Animal Crackers	27 Bran Flakes Orange Slices  WG Graham Crackers Milk	28
29	30 WG Toasted Oats Cereal Fruit Cocktail  Egg Salad Pita Wedges	<b>All breakfasts served with unflavored milk. Children ages two and above receive skim milk, children under two receive whole milk.</b>				



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# September 2024 Lunch Menu

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