






Ebenezer

CHILD CARE FROM THE HEART

October 2024

Breakfast/Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Strawberry Bread Peaches Cr Cheese Ants on Log WG Cheez It Crackers	2 Corn Flakes Bananas Trail Mix Milk	3 Bagels w/Soy Butter Apricots Cottage Cheese WG Goldfish Crackers	4 Corn Bread Muffins Applesauce Lady Bug Apples w/ Pretzels	5
6	7 Apple Oatmeal Pineapple Sunflower butter/Jelly w/Cracker Milk	8 WW Bagel Fruit Cocktail Hard Boiled Eggs Green Pepper Sticks	9 WW Waffles Applesauce Zucchini Bread Milk	10 WG Corn Chex Apricots Bananas WG Goldfish Crackers	11 WW Eng Muffin w/Jelly Pears String Cheese Fresh Fruit	12 
13	14 Scrambled Eggs WW Toast <i>Apple Slices</i> Pea Pods Hummus	15 Crisp Rice Cereal Bananas WG Graham Crackers Milk	16 WG Banana Pancakes Applesauce Bean Dip w/ Cheese Tortilla Chips	17 WG Kix Cereal Mandarin Oranges Fresh Fruit WG Ritz Crackers	18 Blueberry Muffins Peaches Pretzels Cottage Cheese Dip	19
20	21 Cream of Wheat Pears Corn Bread Muffins Milk	22 WG Rice Chex Pineapple Cheese Quesadilla WG Milk	23 Cinnamon WW Toast Mixed Fruit Yogurt Apple Slices	24 Bagels w/Sunflower Butter Mandarin Oranges Fresh Veggies w/Dip Oyster Crackers	25 Bran Flakes Peaches Fresh Fruit Cheese Cubes	26
27 	28 WW English Muffin Pineapple Tortilla Chips Salsa & Cheese	29 Corn Flakes Pears Bean Dip w/ WG Pita Chips Milk	30 WG Pancakes Applesauce WG Goldfish Crackers Milk	31 WG Toasted Oats Cereal Mixed Fruit Baby Carrots String Cheese	<p>All breakfasts served with unflavored milk. Children ages two and above receive skim milk, children under two receive whole milk.</p>	




Ebenezer

CHILD CARE FROM THE HEART

October 2024

Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Taco Casserole w/ WG Soft Shells Golden Corn Applesauce	2 Chicken Parmesan WW Sandwich Green Beans Mandarin Oranges	3 Vegetable Soup w/Beans & Noodles Cheese Stick Soft WW Bread Stick Fresh Fruit	4 Ham WW Sandwich Baked Potato Chips Carrot Sticks Pears	5
6	7 WG Bean Burrito w/ Cheese Golden Corn Rice Medley Apricots	8 Hamburger Stroganoff Over Noodles Diced Carrots Pears	9 Italian Turkey WW Sandwiches Mixed Vegetables Mandarin Oranges	10 Hot Dogs on WW Buns Green Beans Oven Browned Potatoes Apple Slices	11 Chicken Nuggets Mashed Potatoes Broccoli WW Roll w/ Butter Peaches	12 
13	14 Chopped Chicken Salad Cucumbers Soft WW Bread Sticks Fruit Cocktail	15 Hamburgers on WW Buns Garden Peas Baked Potato Chips Apricots	16 Beef Stir Fry w/ Rice Stir Fry Vegetables Pineapple	17 Macaroni & Cheese w/Hot Dog Pieces Green Beans Applesauce	18 Minestrone Sp w/Beans Cheese Stick Baby Carrots WW Bread/Butter Grapes	19
20	21 Not Fried Rice Refried Beans WG Tortilla Golden Corn Fresh Fruit	22 Beef Stew w/Mixed Vegetables WW Dinner Roll/Butter Apricots	23 Tomato Soup WW Grilled Cheese Sandwiches Green Beans Pears	24 Chicken Pot Pie w/ Vegetables WW Bread/Butter Fruit Cocktail	25 Beef & Noodle Casserole Broccoli Pineapple Tidbits	26
27 	28 Scalloped Potatoes w/ Ham Green Peas WW Bread/Butter Apricots	29 Chicken Lasagna Green Beans Soft WW Bread Stick Mandarin Oranges	30 Sloppy Joes on WW Buns Mixed Vegetables French Fries Pears	31 Quiche Broccoli WW Bread/Butter Fresh Fruit	<p style="text-align: center;">All lunches served with unflavored milk. Children ages two and above receive skim milk, children under two receive whole milk.</p>	