


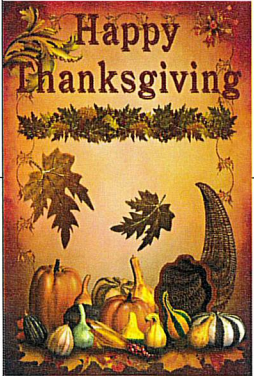


Ebenezer

CHILD CARE FROM THE HEART

November 2024

Breakfast/Snack Menu




Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>All breakfasts served with un-flavored milk. Children ages two and above receive skim milk, children under two receive whole milk.</p>			<p>1 Banana Muffins Apricots</p> <p>Lady Bug Apple w/ Pretzels</p>	<p>2</p>
<p>3</p>	<p>4 WW Waffles w/Syrup Applesauce</p> <p>Fruit w/ Yogurt WG Ritz Crackers</p>	<p>5 WG Kix Cereal Pineapple</p> <p>Turkey Roll Ups WG Yogurt</p>	<p>6 WW Toast w/ Jelly Fresh Fruit</p> <p>Pumpkin Muffins Milk</p>	<p>7 WG Rice Chex Apricots</p> <p>Cucumbers w/ Dip WG Oyster Crackers</p>	<p>8 WW Biscuits Pears</p> <p>Cheese & Saltine Crackers</p>	<p>9</p>
<p>10</p>	<p>11 WG Toasted Oats Cereal Peaches</p> <p>WG Graham Crackers Milk</p>	<p>12 WW Cinn/Raisin Toast Pineapple</p> <p>Fresh Veggies WG Cheez It Crackers</p>	<p>13 Bagels w/ Soy Butter Bananas</p> <p>Bologna Sandwich Milk</p>	<p>14 WG Corn Chex Apricots</p> <p>Blueberry Muffins Milk</p>	<p>15 WW Eng Muffin w/Jelly Fruit Cocktail</p> <p>Fresh Fruit Cheese</p>	<p>16</p>
<p>17</p>	<p>18 Scrambled Eggs Pears</p> <p>Animal Crackers Milk</p>	<p>19 Crisp Rice Cereal Bananas</p> <p>Fruit & Yogurt Saltine Crackers</p>	<p>20 Zucchini Bread Peaches</p> <p>Pretzels w/Cheese Dip Milk</p>	<p>21 Corn Flakes Mandarin Oranges</p> <p>Pizza Pocket Cheese Stick</p>	<p>22 WW French Toast Applesauce</p> <p>String Cheese Oyster Crackers</p>	<p>23</p> 
<p>24</p>	<p>25 Bran Flakes Pears</p> <p>Cheese Quesadillas WG Milk</p>	<p>26 WG Pancakes Applesauce</p> <p>WG Graham Crackers Fruit Salsa</p>	<p>27 Banana Muffins Strawberries</p> <p>Apples w/Sun butter dip Milk</p>	<p>28</p> <p>Thanksgiving</p> <p>Centers & Office Closed</p>		<p>29</p>



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CHILD CARE FROM THE HEART

November 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.		1 Bologna WW Sndwh Cucumber Coins Baked Potato Chips Peaches	2 	
3	4 Ziti Noodle Casserole w/ Beef Carrots Fruit Cocktail	5 Tuna Melt on WW Bun Garden Peas Peaches	6 Mexican Chicken & Rice Refried Beans Garden Salad Mandarin Oranges	7 Meatloaf Mashed Potatoes Mixed Vegetables WW Bread/Butter Pineapple	8 Baked Ham Golden Corn WW Bread/Butter Fresh Fruit	9
10	Turkey Noodle Soup WW Cheese Sandwich Carrots Pears	Fish Patty on WW Bun Oven Browned Potatoes Broccoli Fruit Cocktail	Tator Tot Casserole Peas WW Bread/Butter Mandarin Oranges	Chicken Salad on WW Bun Celery Sticks Apple Slices	Meatballs w/Gravy Spiral Noodles Green Beans Peaches	16
17	WW Bagel Pizza w/ Cheese Garden Salad Fresh Fruit	Chicken & Broccoli Alfredo Carrots WW Bread Sticks Pears	WG Beef Burrito Chips & Salsa Corn Fruit Cocktail	Vegetable Soup WW Turkey Sandwich Assorted Crackers Apricots	WW Bar-B-Q Beef Sandwich Broccoli Pineapple	23
24 	WW Egg Salad Sdwh Cucumber Coins Baked Potato Chips Mixed Fruit	Bean Soup String Cheese Mixed Vegetables WW Roll w/Butter Pineapple	WW Tuna Salad Sdwh Green Beans Taco Chips Apricots	28  Centers & Office Closed	30	