



Meals are subject to change. An alternate snack is served when selected snack is inappropriate for children under age three. EmBe's childcare centers strive to be peanut and tree nut free. Children enjoy 100% fruit juice and/or water with snacks. Water is available in classrooms and with all meals. Whole grain items are identified as WG.

Mon	Tue	Wed	Thu	Fri
			1 WG Blueberry Muffin Orange Juice Milk  Chili Saltines Corn M. Oranges Milk  Chex-Mix & Peaches	2  Cold Cereal Orange Juice Milk  Beef Taco WG Tortilla Lettuce/ Cheese Pineapple Milk  WG Cheez-Its & Milk
5  Cold Cereal Orange Juice Milk  WG Breaded Chicken WG Dinner Roll Peas Pears Milk  WG Goldfish Pretzels & Milk	6  Banana Bread Orange Juice Milk  Spaghetti Hot Dish WG Dinner Roll Green Beans Peaches Milk  WG Bug Bites & Milk	7  Cold Cereal Orange Juice Milk  WG Chicken Strips WG Dinner Roll Mashed Potatoes Applesauce Milk  WG Goldfish & Milk	8  WG Chocolate Muffin Orange Juice Milk  Hamburger On A Bun Corn Peaches Milk  Wheat Thins & Pears	9  Cold Cereal Orange Juice Milk  Baked Chicken WG Bun Carrots Pineapple Milk  Chips & String Cheese
12  Cold Cereal Orange Juice Milk  Chicken Nuggets WG Dinner Roll Corn M. Oranges Milk  WG Elf Grahams & Yogurt	13  Zucchini Bread Orange Juice Milk  Hotdog On A Bun Baked Beans Pineapple Milk  WG Goldfish Pretzels & Milk	14  Cold Cereal Orange Juice Milk  Beef Fritters WG Dinner Roll Scalloped potatoes M. Oranges Milk  Animal Crackers & Apple	15  WG Blueberry Muffin Orange Juice Milk  Pizza Sticks Marinara Sauce Green Beans Applesauce Milk  WG Bug Bites & Pears	16  Cold Cereal Orange Juice Milk  BBQ Meatballs WG Dinner Roll Carrots Pears Milk  WG Cheez-Its & Milk
19  Cold Cereal Orange Juice Milk  Sloppy Joes On a WG Bun Green Beans Pears Milk  Animal Crackers & Milk	20  Banana Bread Orange Juice Milk  Chicken & Rice WG Dinner Roll Peas M. Oranges Milk  Chex -Mix & Pears	21  Cold Cereal Orange Juice Milk  Meatballs WG Dinner Roll Corn Pineapple Milk  WG Elf Grahams & Milk	22  Zucchini Bread Orange Juice Milk  WG Pizza Carrots Applesauce Milk  Wheat Thins & Banana	23  Cold Cereal Orange Juice Milk  Chicken Taco Tortilla w/Lettuce & Cheese Peaches Milk  WG Goldfish & Milk
26  Cold Cereal Orange Juice Milk  French Toast Sticks Sausage Patty Tri Tater Applesauce Milk  WG Goldfish Pretzels & Milk	27  WG Chocolate Muffin Orange Juice Milk  Chicken w/Gravy Croissant Mashed Potatoes Pears Milk  WG Elf Grahams & Milk	28  Cold Cereal Orange Juice Milk  Taco Burger w/Lettuce & Cheese M. Oranges Milk  Chips & String Cheese	29  Cornbread Orange Juice Milk  BBQ Chicken WG Bun Green Beans Pineapple Milk  Chex-Mix & Pears	30  Cold Cereal Orange Juice Milk  Ribs w/WG Bun Baked Beans Pears Milk  WG Elf Grahams & Milk