



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 Muffin Juice Milk Chicken Nuggets WG Dinner Roll Corn M. Oranges Milk Chex-Mix & Peaches	2 No school S.F & H Zucchini Bread Juice Milk Meatballs WG Dinner Roll Peas Pineapple Milk WG Cheez-Its & Milk
5 NO School S.F & H Cold Cereal Juice Milk WG Breaded Chicken WG Bun Peas Pears Milk Pretzels & Milk	6 Zucchini Bread Juice Milk Sloppy joes WG Bun Green Beans M. Oranges Milk WG Bug Bites & Milk	7 Banana Bread Juice Milk Ribs WG Bun Carrots Applesauce Milk WG Goldfish & String Cheese	8 WG Muffin Juice Milk Hotdog WG Bun Mixed vegs Peaches Milk Wheat Thins & Pears	9 Cold Cereal Juice Milk Baked Chicken WG Bun Corn Pineapple Milk Chips & String Cheese
12 Cold Cereal Juice Milk Chicken Nuggets WG Dinner Roll Peas Pineapple Milk WG Elf Grahams & Yogurt	13 Zucchini Bread Juice Milk Spaghetti Hotdish Green Beans Applesauce Milk WG Goldfish & Milk	14 Banana Bread Juice Milk Baked Chicken WG Dinner Roll Baked Beans Peaches Milk Animal Crackers & Apple	15 WG Muffin Juice Milk Sloppy Joes WG Bun Corn M. Oranges Milk WG Bug Bites & Pears	16 Cold Cereal Juice Milk BBQ Meatballs WG Dinner Roll Carrots Pears Milk WG Cheez-Its & Milk
19 Cold Cereal Juice Milk Taco (WG) Burger Lettuce & Cheese Pears Milk Animal Crackers & Peaches	20 Banana Bread Juice Milk Chicken & Rice WG Dinner Roll Peas M. Oranges Milk Chex -Mix & Pears	21 WG Muffin Juice Milk Meatballs WG Dinner Roll Corn Pineapple Milk WG Elf Grahams & Milk	22 Zucchini Bread Juice Milk Chicken Taco Tortilla w/Lettuce & Cheese Peaches Milk Wheat Thins & Banana	23 Cold Cereal Juice Milk Grilled Chicken WG Bun Carrots Applesauce Milk WG Goldfish & Milk
26 Cold Cereal Juice Milk Hamburgers WG Bun Pickles Applesauce Milk WG Pretzels & Milk	27 Zucchini Bread Juice Milk Breaded Chicken WG Bun Corn Pears Milk WG Elf Grahams & Milk	28 WG Muffin Juice Milk Taco Burger w/Lettuce & Cheese M. Oranges Milk Chips & String Cheese	29 Banana Bread Juice Milk BBQ Chicken WG Bun Green Beans Pineapple Milk Chex-Mix & Pears	30 Cold Cereal Juice Milk WG Corndogs Mixed Vegies Peaches Milk Wheat Thins & Pears