



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 free. 100% Fruit Juice and/or water is served with snacks. Water is available in classrooms and with all meals. Whole grain items are identified as WG.

Mon	Tue	Wed	Thu	Fri
1 Cold Cereal Juice Milk Meatball Subs Green Beans M. Oranges Milk Wheat Thins & Milk	2 WG Blueberry Muffin Juice Milk Pizza Sticks Marinara Sauce Corn Peaches Milk Chips & String Cheese	3 Zucchini Bread Juice Milk Beef Taco Burger (WG) w/Lettuce & Cheese Applesauce Milk WG Elf Grahams & Milk	4 Banana Bread Juice Milk Pizza Hot Dish WG Dinner Roll Carrots Pineapple Milk WG Cheez-Its & Milk	5 Cold Cereal Juice Milk Hamburgers WG Bun Baked Beans Pears Milk WG Bug Bites & Milk
8 Cold Cereal Juice Milk Barbeque Meatballs WG Dinner Roll Green Beans Peaches Milk Pretzels & Milk	9 WG Muffin Juice Milk Chicken & Rice WG Dinner Roll Peas M. Oranges Milk WG Bug Bites & Pears	10 Banana Bread Juice Milk Meat & Cheese Nachos w/Lettuce & Cheese Pears Milk WG Goldfish & String Cheese	11 No school for Sioux Falls Zucchini Bread Juice Milk Baked Chicken WG Bun Carrots Applesauce Milk Wheat Thins & Milk	12 Cold Cereal Juice Milk Spaghetti Hot Dish WG Dinner Roll Corn Pineapple Milk Chips & String Cheese
15 Cold Cereal Juice Milk Chicken Nuggets WG Dinner Roll Peas Pears Milk Animal Crackers & Milk	16 Banana Bread Juice Milk Chicken & Gravy WG Dinner Roll Mashed Potatoes Applesauce Milk Chex-Mix & Pears	17 Zucchini Bread Juice Milk Sloppy Joes WG Bun Corn Pineapple Milk WG Elf Grahams & Milk	18 WG Muffin Juice Milk French Toast Sausage Patty Tri Tater M. Oranges Milk WG Goldfish & Banana	19 Cold Cereal Juice Milk WG Breaded Chicken WG Bun Mixed Veggies Peaches Milk Wheat Thins & Milk
22 Cold Cereal Juice Milk WG Pizza Peas Applesauce Milk WG Elf Grahams & Yogurt	23 WG Muffin Juice Milk Beef Fritters WG Dinner Roll Scalloped Potatoes Pears Milk Pretzels & Milk	24 No School Sioux Falls Cold Cereal Juice Milk Chicken Taco Tortilla Lettuce/Cheese M.Oranges Milk WG Bug Bites & Apple	25 No Harrisburg/No Sioux Falls Happy Thanksgiving! Have a Great Holiday	26 No Harrisburg/No Sioux Falls Holiday Break EmBe Is Closed
29 Cold Cereal Juice Milk Mac & Cheese WG Dinner Roll Peas Pears Milk Pretzels & Milk	30 Cold Cereal Juice Milk Hotdogs WG Bun Baked Beans Pineapple Milk WG Bug Bites & Apple			