



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
2 Cold Cereal Juice Milk Chicken w/Mashed Potatoes WG Dinner Roll Pineapple Milk WG Elf Grahams & Milk	3 English Muffin Juice Milk Chicken Taco w/Lettuce & Cheese Peaches Milk Wheat Thins & String Cheese	4 Banana Bread Juice Milk Baked Chicken WG Bun Peas M. Oranges Milk WG Cheez-Its & Banana	5 Biscuits Juice Milk WG Pizza Sticks Marinara Sauce Green Beans Peaches Milk Pretzels & Pears	6 Cold Cereal Juice Milk Spaghetti Hot Dish WG Dinner Roll Corn Applesauce Milk Chips & String Cheese
9 Cold Cereal Juice Milk Corndogs Peas M. Oranges Milk WG Goldfish & Apples	10 Banana Bread Juice Milk Mac & Cheese WG Dinner Roll Corn Pears Milk Animal Crackers & Milk	11 WG Muffin Juice Milk Pizza Hotdish Dinner roll Carrots Applesauce Milk Pretzels & Pears	12 English Muffin Juice Milk Chicken Strips Dinner Roll Green Beans Pineapple Milk WG Bug Bites & Yogurt	13 Cold Cereal Juice Milk Beef Taco Burger w/ Lettuce & Cheese Peaches Milk WG Elf Grahams & Milk
16 Cold Cereal Juice Milk Cheesy Chicken & Rice WG Dinner Roll Mixed Veggies Pears Milk WG Elf Grahams & Milk	17 Biscuits Juice Milk WG Breaded Chicken WG Bun Green Beans Pineapple Milk Cheerios & Yogurt	18 Banana Bread Juice Milk Sloppy Joes WG Bun Cold Carrots Peaches Milk WG Bug Bites & Milk	19 Harrisburg's last day WG Muffin Juice Milk Pizza Corn Applesauce Milk WG Cheez-Its & Banana	20 Cold Cereal Juice Milk Chicken Nuggets WG Dinner Roll Peas M. Oranges Milk Pretzels & Milk
23 Cold Cereal Juice Milk Hotdog WG Bun Carrots Applesauce Milk WG Bug Bites & Pears	24 WG Muffin Juice Milk Meatballs Subs Mixed Veggies Pears Milk Cheerios & Yogurt	25 Sioux falls last day WG Muffin Juice Milk Beef Fritters Dinner roll Green Beans Pears Milk WG Elf Grahams & Milk	26 Banana Bread Juice Milk Meatballs WG Dinner Roll Carrots Apple Milk WG Goldfish & Applesauce	27 Cold Cereal Juice Milk Hamburger on a WG Bun Pickles Banana Milk Cheerios & Yogurt
30 EmBe is Closed	31 WG Muffin Juice Milk Corndog Carrots Banana Milk Animal Crackers & Milk			