



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
3 Cold Cereal Juice Milk Hotdog On A Bun (WG) Baked Beans Pineapple Milk Chips and Salsa with cheese	4 WG Chocolate Muffin Juice Milk Baked Chicken WG Bun Carrots M. Oranges Milk WG Elf Grahams & Milk	5 English Muffin Juice Milk BBQ Chicken WG Bun Green Beans Peaches Milk Chex-Mix & Pears	6 Egg and Cheese Biscuit Juice Milk Shepherd's Pie WG Dinner Roll Corn Applesauce Milk WG Goldfish & Milk	7 No Harrisburg Bagels Juice Milk WG Chicken Nuggets WG Dinner Roll Peas Pears Milk WG Cheez-Its & Milk
10 No Sioux Falls/Harrisburg Cold Cereal Juice Milk WG Breaded Chicken WG Dinner Roll Peas Pears Milk Pretzels & Yogurt	11 No Sioux Falls Banana Bread Juice Milk Chicken Tacos WG Tortilla Lettuce/Cheese M.Oranges Milk WG Bug Bites & Milk	12 Sausage Biscuits Juice Milk Beef Tamale Pie WG Dinner Roll Mixed Veggie Applesauce Milk WG Goldfish & Milk	13 WG Chocolate Muffin Juice Milk Spaghetti Hot Dish WG Dinner Roll Green Beans Peaches Milk Wheat Thins & Pears	14 Yogurt and Berries Juice Milk Popcorn Chicken WG Dinner roll Carrots Pineapple Milk Chips & String Cheese
17 Cold Cereal Juice Milk Chicken Taco Tortilla w/Lettuce & Cheese Peaches Milk WG Elf Grahams & Yogurt	18 Egg and Cheese tortilla Juice Milk Hamburgers WG Bun Pickles M. Oranges Milk WG Pretzels & Milk	19 English Muffin Juice Milk Corndogs Peas Pineapple Milk Animal Crackers & Apple	20 WG Blueberry Muffin Juice Milk Pizza Sticks Marinara Sauce Green Beans Applesauce Milk WG Bug Bites & Pears	21 Breakfast Stick Juice Milk BBQ Meatballs WG Dinner Roll Carrots Pears Milk WG Cheez-Its & Milk
24 Cold Cereal Juice Milk Sloppy Joes On a WG Bun Green Beans Pears Milk Animal Crackers & Milk	25 English Muffin Juice Milk Baked Chicken WG Bun Peas M. Oranges Milk Chex -Mix & Pears	26 WG Muffin Juice Milk Chicken and Rice WG Dinner Roll Mixed Veggies Peaches Milk WG Elf Grahams & Milk	27 Biscuits Juice Milk WG Pizza Carrots Applesauce Milk Wheat Thins & Banana	28 No Harrisburg Yogurts and Berries Milk Cheese Burger WG Dinner Roll Corn Pineapple Milk WG Goldfish & Milk
31 Cold Cereal Juice Milk Beef Vegetable Soup Saltines WG Dinner Roll Mixed Fruits Milk Pretzels & Milk				