



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
		<p>1</p> <p>Banana Bread Juice Milk</p> <p>Stir Fry Chicken WG Dinner Roll Corn Peaches Milk</p> <p>Pretzels &amp; Applesauce</p>	<p>2</p> <p>English Muffin Juice Milk</p> <p>Chicken Alfredo WG Dinner Roll Broccoli Pineapple Milk</p> <p>WG Chez-its &amp; String cheese</p>	<p>3</p> <p>Omelet Juice Milk</p> <p>Chicken WG Dinner Roll Mashed Potatoes Pears Milk</p> <p>CheX- Mix &amp; Milk</p>
<p>6</p> <p><b>No Sioux Falls</b> Cold Cereal Juice Milk</p> <p>Chicken Nuggets WG Dinner Roll Carrots Pineapple Milk</p> <p>Wheat Thins &amp; Pears</p>	<p>7</p> <p>Breakfast Stick Juice Milk</p> <p>Pizza Corn Applesauce Milk</p> <p>WG Elf Grahams &amp; Yogurt</p>	<p>8</p> <p>Omelet Juice Milk</p> <p>Chicken Taco WG Tortilla Lettuce, Cheese Peaches Milk</p> <p>Animal Crackers &amp; Banana</p>	<p>9</p> <p>Sausage Biscuit Juice Milk</p> <p>Mac and Cheese WG Dinner Roll Green Beans Pears Milk</p> <p>WG Goldfish &amp; String Cheese</p>	<p>10</p> <p>Yogurt and Fresh Fruits Juice Milk</p> <p>Breaded Chicken WG Bun Carrots M. Oranges Milk</p> <p>WG Chez Its &amp; Milk</p>
<p>13</p> <p>Hashbrown Pizza Juice Milk</p> <p>Chicken WG Dinner Roll Mashed Potatoes Applesauce Milk</p> <p>WG Goldfish &amp; Apples</p>	<p>14</p> <p>Breakfast Stick Juice Milk</p> <p>Beef Nacho Corn Chips Lettuce/ Cheese Pears Milk</p> <p>Animal Crackers &amp; Milk</p>	<p>15</p> <p>English Muffin Juice Milk</p> <p>Scalloped Potato &amp; Ham WG Dinner Roll Peas Pineapple Milk</p> <p>WG Goldfish &amp; Pears</p>	<p>16</p> <p>Banana Bread Juice Milk</p> <p>Waffles Sausage Tri Tater M. Oranges Milk</p> <p>Chips &amp; Cheese</p>	<p>17</p> <p><b>No Harrisburg</b> Cold Cereal Juice Milk</p> <p>Hamburgers WG Bun Pickle Peaches Milk</p> <p>WG Elf Grahams &amp; Milk</p>
<p>20</p> <p><b>No Sioux Falls/Harrisburg</b> Cold Cereal Juice Milk</p> <p>Corndog Peas Pears Milk</p> <p>WG Elf Grahams &amp; Milk</p>	<p>21</p> <p><b>NO Sioux Falls</b> Eggs and Toast Juice Milk</p> <p>Taco Burger WG Bun Lettuce/Cheese M. Oranges Milk</p> <p>Chips &amp; Yogurt</p>	<p>22</p> <p>Yogurt &amp; fresh Fruit Juice Milk</p> <p>Sloppy Joes WG Bun Green Beans Applesauce Milk</p> <p>Wheat Thins &amp; Apples</p>	<p>23</p> <p>WG Muffin Juice Milk</p> <p>WG Baked Chicken WG Bun Corn Pineapple Milk</p> <p>WG Chez- Its &amp; Banana</p>	<p>24</p> <p>Bagels and Cream Cheese Juice Milk</p> <p>WG Pizza Sticks Cold Carrots Peaches Milk</p> <p>WG Goldfish &amp; Milk</p>
<p>27</p> <p>Egg and Cheese Biscuits Juice Milk</p> <p>Meatballs WG Dinner Roll Corn Applesauce Milk</p> <p>WG Goldfish &amp; Milk</p>	<p>28</p> <p>WG Muffin Juice Milk</p> <p>Beef and Vegetable soup Saltines Mixed Veggies Mixed Fruits Milk</p> <p>Chips, Cheese, Salsa</p>			