



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 Banana Bread Juice, Milk Mac and Cheese Peas , Fruit Milk Pretzels & Yogurt	2 Cold Cereal Juice, Milk Sloppy Joe WG Bun Baked Beans Fruit, Milk WG Gram Crackers & Milk	3 Blueberry Muffins Juice, Milk Baked Chicken WG Dinner Roll Mashed Potatoes Fruit, Milk WG Goldfish & Fruit	4 WG Waffles and Syrup Banana and Milk Hot Dog w/ Bun Cheese Curds Fruit Milk Cheeze-itz & fruit	5 WG French Toast Juice, Milk Beef Nachos Tortilla Chips Lettuce and Cheese Fruit Chips & String Cheese
8 Chocolate Muffin Juice, Milk Cubed Ham/ Turkey Slices Lettuce and Cheese WG Dinner Roll Fruit, Milk WG Elf Grahams & Yogurt	9 Pancakes and Syrup Juice, Milk Pizza Carrots and Ranch Fruit, Milk WG Pretzels & Fruit	10 Cold Cereal Juice, Milk Beef Fritters Scalloped potatoes Fruit, Milk Animal Crackers & Fruit	11 Banana Bread, Juice, Milk WG Chicken Nuggets French Fries Fruit, Milk Popcorn & Fruit	12 Blueberry Muffins Juice, Milk Corn Dogs Carrots and Ranch Fruit, Milk WG Cheez-Its & String
15 WG Waffles and Syrup Juice, Milk Breakfast Stick, Bananas Hashbrowns, Milk Fruit Smoothie & Gram Crackers	16 WG French Toast Juice, Milk WG Chicken Patty Broccoli , Fruit Milk Chex –Mix & Fruit	17 Chocolate Muffin Juice, Milk Cheese Burger w/ Pickles WG Dinner Roll Corn , Fruit Milk WG Elf Grahams & Milk	18 Pancakes with Syrup, fresh fruit, milk Bosco Sticks w/ Marina Sauce Green Beans Cottage Cheese, Fruit Chips & String Cheese	19 Cold Cereal Juice, Milk Chicken Nachos WG Dinner Roll Corn ,Fruit Milk WG Goldfish & Yogurt
22 WG Bagel and Cream Cheese Juice, Milk WG Dino Nuggets Peas Fruit Milk Pretzels & Yogurt	23 Banana Bread Fruit Smoothie, Milk Ham or Turkey Sandwich w/ WG Bread Mashed Potatoes Fruit Milk WG Elf Grahams & Fruit	24 Blueberry Muffins Juice, Milk Meatballs w/ Marina Sauce WG Dinner Roll Green Beans Fruit Milk Chips & String Cheese	25 WG Waffles & Syrup, Juice , Milk Beef Tacos w/ WG Tortilla Shell Corn Fruit Milk Chex-Mix & Fruit	26 Last Day of School Cold Cereal Juice, Milk Popcorn Chicken WG Dinner Roll Mashed Potatoes Fruit Milk WG Goldfish & Milk
29 WG French Toast Fruit Smoothie, Milk Chicken Pot Pie Peas Mixed Berries Milk Pretzels & Yogurt	30 Chocolate Muffins Juice, Milk WG Spaghetti & Meatballs Fruit Corn Milk Cottage Cheese & WG Elf	31 Pancakes with Syrup, fresh fruit, milk Chicken Alfredo WG Bread Stick Green Beans Fruit Milk Popcorn & String Cheese		