



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.

## SAC Kids

Mon	Tue	Wed	Thu	Fri
<b>3</b> WG Muffin Juice Milk  Chicken on a Biscuit Carrots Pears Milk  Yogurt and Pita	<b>4</b> <b>Closed            Happy            Holiday</b>	<b>5</b> Cold Cereal Juice Milk  Meatballs WG Dinner Roll Peas Applesauce Milk  Chex Mix & Milk	<b>6</b> English Muffin Banana Milk  WG Chicken Nuggets WG Dinner Roll Pickles Mandarin Oranges Milk  WG Cheese its & String Cheese	<b>7</b> Cold Cereal Juice Milk  Beef Taco WG Chips Lettuce & Cheese Peaches Milk  WG Elf Grahams and Milk
<b>10</b> Cold Cereal Juice Milk  Chicken Potpie WG Biscuit Fresh Carrots Applesauce Milk  WG Elf Grahams & Smoothies	<b>11</b> Banana Bread Oranges Milk  WG Breaded Chicken WG Bun Pickles Peaches Milk  WG Goldfish & Milk	<b>12</b> Bagel and Jelly Juice Milk  Pizza Burgers WG Bun Lettuce & Cheese Mandarin Oranges Milk  Pretzels & Apples	<b>13</b> WG Muffin Juice Milk  WG Chicken Strips WG Dinner Roll Peas Pineapple Milk  Cheddar Chex Mix & Pears	<b>14</b> Cold Cereal Juice Milk  BBQ Chicken WG Bun Corn Pears Milk  Chips and String Cheese
<b>17</b> Cold Cereal Juice Milk  Hotdog WG Bun Corn Pineapple Milk  WG Cheese its & Milk	<b>18</b> Yogurt Banana Milk  Pizza Sticks Pizza Sauce Peas Peaches Milk  Apple Bar and Apples	<b>19</b> Bagels and Cream Cheese Juice Milk  Hamburgers WG Bun Pickles Pears Milk  WG Pretzels & Yogurt	<b>20</b> Banana Bread Banana Milk  Popcorn Chicken WG Dinner Roll Green Beans M. Oranges Milk  Smoothies & WG Goldfish	<b>21</b> Cold Cereal Juice Milk  BBQ Meatballs WG Dinner Roll Fresh Carrots Apple/ Applesauce Milk  Pretzels & Fresh Fruit
<b>24</b> Cold Cereal Juice Milk  Corndogs Carrots Pears Milk  Snack Bar & pears	<b>25</b> Bagels and Jelly Juice Milk  Chicken Taco WG Chips Lettuce & Cheese Applesauce Milk  WG Elf Grahams & Milk	<b>26</b> WG Muffin Juice Milk  Sloppy Joes WG Bun Corn Peaches Milk  Yogurt & Fresh Fruit	<b>27</b> Banana Bread Juice Milk  Baked Chicken WG Bun Pickles Mandarin Oranges Milk  WG Goldfish & String Cheese	<b>28</b> Cold Cereal Juice Milk  Meatball Sub Green Bean Pineapple Milk  WG Cheez-Its & Milk
<b>31</b> Cold Cereal Juice Milk  WG Breaded Chicken Bun Fresh Carrots Pineapple Milk  Banana boat, Grahams, and Chocolate chips				