



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
			1 WG Muffin Juice Milk Cheeseburgers WG Bun Baked Beans Peaches Milk Fruit and Cereal Snack Mix	2 Cold Cereal Fresh Fruits Milk Chicken WG Dinner Roll Mashed Potatoes and Gravy Pears Milk Ham and Cheese Roll up
5 No Sioux Falls English Muffin Banana Milk Hot Ham and Cheese WG Bun Peas Pineapple Milk Strawberries & Milk with a side	6 Breakfast Stick *Biscuits and Gravy Juice Milk WG Pizza Corn Applesauce Milk Belvita & Yogurt	7 Egg & Cheese on a Bagel Juice Milk Chicken Taco WG Tortilla Lettuce, Cheese *Mixed veggies Peaches Milk Grahams, Peaches, & Cottage Cheese	8 Sausage Biscuit Banana Milk Mac and Cheese WG Dinner Roll Bacon Green Beans Pears Milk WG Crackers ,Cheese and Juice	9 Yogurt, Granola Berries Milk WG Pulled Pork WG Bun Sweet Carrots M. Oranges Milk WG Tortilla Roll & Fresh Fruit
12 Breakfast Pizza Juice Milk Dino Nuggets WG Dinner Roll Volcano Mashed Potatoes Hot Apple Bake Milk WG Cinnamon Goldfish & Apples	13 Yogurt, Granola Berries Milk Beef Nacho Corn Chips Lettuce/ Nacho Cheese *Corn Pears Milk Snack Bar & Milk	14 WG Muffin Juice Milk Meatball and Heart Shaped Ravioli's WG Dinner Roll Green Beans Fresh Mixed Fruit Milk WG Cheez its & Pears	15 Banana Bread Juice Milk Waffles Sausage Tater Tots M. Oranges Milk Chips ,Cheese, And Salsa	16 No Harrisburg Cold Cereal Juice Milk Chicken Nuggets WG Dinner Roll Mixed Veggies Peaches Milk Ham, Cheese and WG Crackers
19 No Sioux Falls/Harrisburg Banana Bread Juice Milk Ham, Turkey, And cheese SW Pickles *Green Beans Sliced Apples Milk Pretzels & String Cheese	20 NO Sioux Falls Ham and egg on Bun Apples Milk EmBe Famous Bowl (Popcorn Chicken, Mashed Potatoes, Gravy, Cheese) M. Oranges Milk Yogurt, Granola & Berries	21 Yogurt & fresh Fruit Juice Milk Philly Cheese Steak WG Bun Tater Tots Apples/Applesauce Milk WG Tortilla slices & Apples	22 WG Muffin Banana Milk Chicken Fajita WG Tortilla Lettuce/cheese *Corn Pineapple Milk WG Chez- It s & Juice	23 Bagels and Cream Cheese Fresh Fruits Milk WG Pizza Sticks Marinara Sauce *Carrots Toss Salad Peaches Milk WG Goldfish & Milk
26 Egg and Cheese Biscuits Juice Milk Chicken Parm WG Bun Bacon Green Beans Pineapple Milk Fruit and Cereal Mix	27 Apple Muffin Juice Milk Chicken and Waffles Tater Tots Mixed Fruits Milk Chips, Cheese, Salsa	28 Sheet Pancake Banana/ Strawberries Milk Hashbrown Stackers WG Dinner Roll Peas M.Oranges Milk WG Muffin & Milk	29 Breakfast Pizza Juice Milk Chicken Bacon Ranch Wrap WG Tortilla Lettuce/ Cheese *Corn Peaches Milk WG Pretzels, Cottage Cheese, Mangos	