



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.

Key-

* is for the 2 and under meal substitute.

Mon	Tue	Wed	Thu	Fri
1 Closed For The Holiday	2 No school for Harrisburg Bagels and Cheam Cheese Juice Milk Baked Chicken WG Bun Green Beans Peaches Milk WG Cheez its & Milk	3 Sausage, Egg and Cheese Biscuits Juice, Milk * Hamburgers / Bun Chili Saltines Corn M.Oranges Milk WG Goldfish & Applesauce	4 Break Sticks * Biscuits and Gravy Banana, Milk Pizza Sticks Marina sauce Peas Pears Milk Graham Crackers, Banana, and	5 Breakfast Pizza Juice Milk Beef Taco On A Bun Lettuce and Cheese Pineapple Milk Chex- Mix & Milk
8 Waffles Fresh Fruits Milk Chicken Stir Fry WG Dinner Roll Mixed Fruits Milk WG Cheez its & Apples	9 Breakfast Sticks * Biscuits and Gravy Juice, Milk Dino Nuggets WG Dinner Roll Mashed Potato W/ Gravy Pineapple Milk WG Grahams & Yogurt	10 Egg and Cheese Tortilla Juice Milk Cheeseburger On A Bun Asparagus Peaches Milk Wafers, Bananas, and Milk	11 WG Pita Bread Fresh Fruits Milk Grilled Cheese * Chicken Nuggets, Mixed veggies Tomato Soup Pears Milk WG Goldfish & Smoothies	12 WG Muffin Juice Milk Waffles Sausage Tri Tater Fresh Fruit Milk Chips, String Cheese, Salsa
15 No School Harrisburg Cold Cereal Juice, Milk Corndogs * Meatballs w/ Dinner Roll Peas M. Oranges Milk WG Goldfish & Apples * Applesauce	16 Biscuit Fresh Fruits ,Milk Beef Vegetable Soup * Hamburger w/ Bun WG Dinner Roll Mixed Veggies Peaches Milk Yogurt and Berries	17 Breakfast Sticks * Biscuits and Gravy Juice, Milk Pizza Peas M. Oranges Milk Crackers, Cheese, and Meat	18 Egg and cheese Tortilla Banana, Milk Popcorn chicken WG Dinner Roll Scalloped potatoes Applesauce Milk Yogurt & Pretzels * Yogurt, Grahams	19 Biscuits and Sausage Juice Milk Chicken Taco WG Tortilla Lettuce/ Cheese * Corn Milk WG Elf Grahams & Milk
22 Egg and Cheese Tortilla Juice Milk Chicken Potpie WG Dinner Roll Mixed Veggies Pears Milk Banana, Chocolate Chips, and	23 WG Muffin Juice, Milk Chicken Bacon Ranch Wrap * Chicken Strips Lettuce/Cheese * Peas M. Orange Milk Yogurt, Grahams,& Banana	24 Yogurt and Berries Juice, Milk Sloppy Joes WG Bun Pickles * Green Beans Pears Milk WG Muffins & Apples	25 Biscuits Banana, Milk Mac and Cheese * Chicken Patty w/ Bun WG Dinner Roll Cauliflower, Broccoli Peaches Milk WG Cheez It s & Juice	26 Breakfast Burrito * Eggs and Sausage Juice, Milk WG Pizza Sticks * Hamburgers W/ Bun Corn Applesauce Milk WG Goldfish & Milk
29 Egg and Cheese Sandwich Juice Milk Meatballs WG Dinner Roll Green Beans M. Oranges Milk WG Cheez its & Milk	30 Yogurt and Berries Juice Milk WG Chicken Nuggets WG Dinner Roll Corn Applesauce Milk Chex mix & Fruit		All Ground Meat is Supplied by Renner Meat Locker. We are supplying more Fresh Fruits, and Trying New Items every Month. This Month is Asparagus, Cauliflower, and Broccoli	