



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 Fruit, Cream Cheese, WG Tortilla Milk Hotdogs WG Bun Baked Beans Pears Milk WG Cinnamon Goldfish & Milk
4 Egg and cheese Tortilla Juice Milk Popcorn Chicken WG Dinner Roll Mixed Veggies Pineapple Milk WG Cheez its & Pears	5 Sausage Biscuits Banana Milk Spaghetti Hotdish WG Dinner Roll Corn Pears Milk Chips and String Cheese & Salsa	6 Yogurt Parfait Juice Milk Breakfast Pizza Tater tots M. Oranges Milk Pretzels and Cottage Cheese	7 Ham, Egg and Cheese Bagel Juice Milk WG Pizza Sticks Marinara Sauce Green Beans Peaches Milk Banana and Grahams	8 Biscuits and Gravy Fresh Fruit Milk Meatballs WG Dinner Roll Scalloped Potatoes Mixed Fruit Milk Cold Cereal and Fruit
11 Fruit and Yogurt Roll Milk Chicken Alfredo with a Twist WG Dinner Roll Broccoli Peaches Milk WG Goldfish & Apples	12 Eggs and Pancakes Fresh Fruits Milk Dino Nuggets WG Dinner Roll Cheese hashbrowns Mixed Fruits Milk Peaches, Yogurt, Granola	13 Egg Bites with Breakfast Potatoes Juice Milk Chili Saltines Green Beans Pineapple Milk Belvitas & Milk	14 No Harrisburg Cold Cereal Banana Milk Chicken Taco WG Bun Lettuce/Cheese Pears Milk Snack Bar & String Cheese	15 No Harrisburg/Sioux Falls WG Muffin Juice Milk Cheese Burgers WG Bun Pickles Apples Milk WG Elf Grahams & Milk
18 Banana Bread Bananas Milk Chicken Fajita WG Tortilla Corn Pears Milk Peppers and Cream Cheese	19 Eggs and Hashbrowns Juice Milk Beef Vegetable soup Saltines Pineapple Milk Ham, Cheese, Crackers	20 Egg, and Cheese Bagel Juice Milk Chicken Waffles Tater Tots M. Oranges Milk WG Cheese its, Banana	21 Cornbread Fresh Fruit Milk Sloppy Joes WG Bun Green Beans Peaches Milk Tortilla, Cheese and Refried Beans	22 Egg and Cheese Sandwich Juice Milk Chicken Nuggets WG Dinner Roll Peas M. Oranges Milk WG Goldfish & Milk
25 Waffles Fresh Fruit Milk Pulled Pork Corn Applesauce Milk Banana Bread & Milk	26 Biscuits and Gravy Juice Milk BBQ Chicken WG Bun Carrots Pears Milk Bagels, Cream cheese, & Pears	27 Fruit Muffins Fresh Fruit Milk Chicken Bacon Ranch Wrap w/Lettuce & Cheese Peaches Milk Chex Mix & String Cheese	28 Sausage, Toast, Breakfast Potatoes Juice Milk Pizza French Bread Green Beans M. Oranges Milk Cheerios and Yogurt	29 No Harrisburg Cold Cereal Banana/Apple Milk WG Breaded Patty WG Bun Cold Carrots Apple Milk WG Muffins & Milk