



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 No Harrisburg/ Sioux falls Cold Cereal Juice Milk Dino Nuggets WG Dinner Roll Green Beans Pineapple Milk Banana Bread & fresh Fruit | 2 Sausage Biscuit Juice Milk Hot Ham and Cheese Sandwich (WG) Carrots Peaches Milk WG Cinnamon Goldfish & Milk | 3 Egg and Cheese Tortilla Banana Milk Chicken and Waffles Tri tater M. Oranges Milk WG Blueberry Muffin & Juice | 4 Apple Muffins Juice Milk Beef Taco WG Tortilla Lettuce/Cheese Mixed Fruits Milk WG Cheese its and Milk | 5 Sheet Pancakes Fresh Fruit Milk Chili Saltine Corn Pears Milk Banana boat and Grahams |
| 8 Egg and Cheese Tortilla Juice Milk Sloppy Joes WG Bun Peas Banana Milk Pretzels & Milk | 9 WG Muffin Juice Milk Chicken Alfredo WG Dinner Roll Green Beans Pears Milk WG Goldfish and String cheese | 10 Egg and Sausage Links Banana Milk Hashbrown Stackers Tri tater Pineapple Milk Bagel and Cream Cheese & Milk | 11 Ham, Egg, and Cheese Biscuit Juice Milk Pizza Sticks Marinara Corn M. Oranges Milk Chex mix & Banana | 12 French toast sticks Fresh Fruit Milk Chicken Taco WG Tortilla Lettuce/Cheese Peaches Milk Chips, String Cheese & Salsa |
| 15 Yogurt Fresh Fruit , Granola Milk Parmesan Chicken Breast WG Dinner Roll Mixed Veggies Pineapple Milk Bean and Cheese Tortilla | 16 Egg Bites Breakfast Potato Milk Corndogs Peas Peaches Milk Apple, Carmel, and Grahams | 17 Biscuits and Gravy Juice Milk Chicken Bacon Ranch Wraps WG Tortilla Lettuce/Cheese M. Oranges Milk WG Goldfish & Pears | 18 Fruit Roll-up Milk Philly Cheese Steak WG Bun Fries Mixed Fruits Milk Ham, Cheese,& Crackers | 19 Breakfast Stick Juice Milk Mac and Cheese WG Dinner Roll Green Beans Pears Milk WG Cheez-Its & Milk |
| 22 Banana Bread Juice Milk Cheese Burger WG Bun Pickles Apples Milk Tortilla and Cheese | 23 Sheet Pancake Fresh Fruit Milk Popcorn Chicken WG Dinner Roll Scalloped Potato Peaches Milk Chex -Mix & Pears | 24 Scramble Eggs and Tri Tater Juice Milk Meatballs WG Dinner Roll Cheesy hashbrowns Pears Milk WG Elf Grahams & Yogurt | 25 Yogurt Parfait Milk Breaded Patty WG Bun Green Beans M. Oranges Milk WG Muffin and Milk | 26 Cold Cereal Juice Milk Chicken Nuggets WG Dinner Roll Corn Pineapple Milk Fruit cup and WG Goldfish |
| 29 Sausage Biscuits Juice Milk Spaghetti Hotdish WG Dinner Roll Green Beans Mixed Fruit Milk Cottage Cheese & Fruit | 30 Egg Bites Banana Milk WG Pizza Side Salad M. Oranges Milk Cheerios and Yogurt | | | |