



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.  
Big kids

Mon	Tue	Wed	Thu	Fri
		1 Biscuits and Gravy Juice Milk  Beef Taco WG Tortilla Lettuce/ Cheese M. Oranges Milk  WG Cheez-Its & Banana	2 Tortilla, Egg, and Cheese Juice Milk  WG Pizza Sticks Marinara Sauce Green Beans Peaches Milk  Pretzels & Pears	3 Bagel and Cream Cheese Juice Milk  Spaghetti Hot Dish WG Dinner Roll Corn Applesauce Milk  Chips & String Cheese
6 Eggs and Sausage Juice Milk  Corn dogs Peas M. Oranges Milk  WG Goldfish & Apples	7 Yogurt and Fruit Juice Milk  Mac & Cheese WG Dinner Roll Corn Pears Milk  Animal Crackers, Banana	8 Cold Cereal Juice Milk  Chicken Strips Dinner Roll Green Beans Pineapple Milk  Pretzels and Yogurt	9 English Muffin and Eggs Juice Milk  Hashbrown Stacker Mixed Veggies Peaches Milk  String Cheese and Cheez it's	10 Waffle Fresh Fruit Milk  Beef Fritter WG Dinner Roll Carrots Mixed Fruits Milk  WG Muffins and Milk
13 Yogurt Roll up Fresh Fruit Milk  Biscuits and Gravy Green Beans Pears Milk  Chips, Salsa, and String Cheese	14 Egg and Sausage Juice Milk  Dino Nuggets WG Dinner Roll Carrots Pineapple Milk  Cheerios & Yogurt	15 Biscuit and Jelly Juice Milk  Sloppy Joes WG Bun Cold Carrots Peaches Milk  WG Bug Bites & Milk	16 WG Muffin Fresh Fruit Milk  Pizza Corn Applesauce Milk  Apples, Carmel, Grahams	17 Bagel and Cream Cheese Juice Milk  Hotdogs WG bun Baked Beans M. Oranges Milk  Fruit Cup and Grahams
20 Egg and Cheese Tortilla Juice Milk  Chicken Stir Fry WG Dinner Roll Carrots Applesauce Milk  WG Bug Bites & Pears	21 Biscuits and Gravy Juice Milk  Chicken Potpie WG Dinner Roll Mixed Veggies Pears Milk  Bagel and Cream Cheese	22 <b>Last day of Harrisburg</b> French Toast Fresh Fruit Milk  Chicken Alfredo WG Dinner roll Green Beans Pears Milk  WG Elf Grahams & Milk	23 <b>Last day of Sioux Falls</b> Cold Cereal Juice Milk  Meatballs WG Dinner Roll Carrots Apple Milk  WG Goldfish & Applesauce	24 Banana Bread Juice Milk  Hamburger on a WG Bun Pickles Banana Milk  Cheerios & Yogurt
27 EmBe is Closed	28 Bagel and Jelly Juice Milk  Popcorn Chicken WG Dinner Roll Carrots Banana Milk  WG Cheez it & Milk	29 WG Muffin Juice Milk  WG Breaded Chicken WG Bun Carrots Peaches Milk  Apples & String Cheese	30 Banana Bread Juice Milk  Chicken w/Mashed Potatoes WG Dinner Roll Pineapple Milk  WG Elf Grahams & Milk	31 Cold Cereal Juice Milk  Corn dogs mini's Green Beans Pears Milk  WG Goldfish & String Cheese