



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
		<p>1</p> <p>Biscuits and Gravy Juice Milk</p> <p>Beef Taco WG Tortilla Lettuce/ Cheese M. Oranges Milk</p> <p>WG Cheez-Its & Banana</p>	<p>2</p> <p>Tortilla, Egg, and Cheese Juice Milk</p> <p>WG Chicken Nuggets WG Dinner Roll Green Beans Peaches Milk</p> <p>Pretzels & Pears</p>	<p>3</p> <p>Bagel and Cream Cheese Strawberries Milk</p> <p>Chicken Alfredo WG Dinner Roll Corn Applesauce Milk</p> <p>Chips & String Cheese</p>
<p>6</p> <p>Eggs and Sausage Juice Milk</p> <p>Corndogs Peas M. Oranges Milk</p> <p>WG Goldfish & Apples</p>	<p>7</p> <p>Yogurt and Fruit Parfait Milk</p> <p>Mac & Cheese WG Dinner Roll Corn Pears Milk</p> <p>Ham , Cheese , and WG Crackers</p>	<p>8</p> <p>Cold Cereal Juice Milk</p> <p>Chicken Strips Dinner Roll Green Beans Pineapple Milk</p> <p>Pretzels and Yogurt</p>	<p>9</p> <p>English Muffin and Eggs Juice Milk</p> <p>Hashbrown Stackers Mixed Veggies Peaches Milk</p> <p>String Cheese and Cheez it's</p>	<p>10</p> <p>Waffle Fresh Fruit Milk</p> <p>Grilled Nuggets WG Dinner Roll Mashed Potatoes and Gravy Mixed Fruits Milk</p> <p>WG Muffins and Milk</p>
<p>13</p> <p>Pancakes Fresh Fruit Milk</p> <p>Biscuits and Gravy Green Beans Pears Milk</p> <p>Chips, Salsa, and String Cheese</p>	<p>14</p> <p>Egg and Sausage Juice Milk</p> <p>Dino Nuggets WG Dinner Roll Carrots Pineapple Milk</p> <p>Yogurt and Berries w/ a side of Cheerios</p>	<p>15</p> <p>Biscuit and Jelly Juice Milk</p> <p>Spaghetti Hotdish WG Dinner Roll Peas Peaches Milk</p> <p>Cinnamon Goldfish & Milk</p>	<p>16</p> <p>WG Muffin Fresh Fruit Milk</p> <p>Pizza Corn Applesauce Milk</p> <p>Apples, Carmel, Grahams</p>	<p>17</p> <p>Bagel and Cream Cheese Juice Milk</p> <p>Hotdogs WG bun Baked Beans M. Oranges Milk</p> <p>Fruit Cup and Pretzels</p>
<p>20</p> <p>Egg and Cheese Tortilla Juice Milk</p> <p>Chicken Bacon Ranch Wraps WG Tortilla Lettuce/Cheese Applesauce Milk</p> <p>CheX Mix & Pears</p>	<p>21</p> <p>Biscuits and Gravy Juice Milk</p> <p>Philly Cheese Steak WG Bun Mixed Veggies Pears Milk</p> <p>Bagel and Cream Cheese</p>	<p>22</p> <p>Last day of Harrisburg French Toast Fresh Fruit Milk</p> <p>French Bread Pizza Green Beans Peaches Milk</p> <p>WG Elf Grahams & Milk</p>	<p>23</p> <p>Last day of Sioux Falls Breakfast sticks Juice Milk</p> <p>Meatballs WG Dinner Roll Carrots Pears Milk</p> <p>WG Goldfish & Applesauce</p>	<p>24</p> <p>Banana Bread Juice Milk</p> <p>Hamburger on a WG Bun Pickles Banana Milk</p> <p>Belvita & Yogurt</p>
<p>27</p> <p>EmBe is Closed</p>	<p>28</p> <p>Bagel and Jelly Juice Milk</p> <p>Popcorn Chicken WG Dinner Roll Carrots Banana Milk</p> <p>Banana Bread & Fresh Fruit</p>	<p>29</p> <p>Breakfast Pizza Juice Milk</p> <p>WG Breaded Chicken WG Bun Corn Peaches Milk</p> <p>Banana Boat and Grahams</p>	<p>30</p> <p>English Muffin and Jelly Juice Milk</p> <p>Sloppy Joes WG Bun Peas Pineapple Milk</p> <p>WG Cheez its & Milk</p>	<p>31</p> <p>Cold Cereal Juice Milk</p> <p>Corndogs mini's Green Beans Pears Milk</p> <p>Yogurt Parfait & Fresh Fruit</p>