



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