

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.

1 English Muffin Banana Milk Beef Taco WG Tortilla Lettuce/Cheese Applesauce Milk WG Cheese its & String Cheese Milk WG Cheese its & String Cheese 8 Biscuits Oranges Milk WG Chicken Nuggets WG Dinner Roll Corm Mandarin Oranges Milk WG Goldfish & Milk	2 WG Waffles and Sausage Juice Milk WG Dinner Roll Carrots Applesauce Milk Chex Mix & Milk 9 WG Muffin Fresh Fruit Milk Hamburgers WG Bun Pickles Apple slices	3 Cold Cereal Juice Milk Pizza Sticks Pizza Sauce Peas Peaches Milk WG Elf Grahams and Milk 10 English Muffin W/ Jelly Juice Milk Popcorn Chicken	4 Closed Happy Holiday 11 ^{Cold Cereal} Juice Milk
Biscuits Oranges Milk WG Chicken Nuggets WG Dinner Roll Corn Mandarin Oranges Milk	WG Muffin Fresh Fruit Milk Hamburgers WG Bun Pickles Apple slices	English Muffin W/ Jelly Juice Milk	Cold Cereal Juice
	Milk Pretzels & Peaches	WG Dinner Roll Peas Pineapple Milk Belvitas & Pears	BBQ Chicken WG Bun Carrots Pears Milk Chips and String Cheese
15 Cold Cereal Banana Milk Grilled Nuggets WG Dinner Roll Green Beans Peaches Milk Chips, salsa, and Juice	16 Bagels and Cream Cheese Juice Milk Hotdogs WG Bun Baked Beans Pears Milk WG Pretzels & Yogurt	17 Biscuits and Gravy Banana Milk WG Chicken Strips WG Dinner Roll Peas M. Oranges Milk String cheese & WG Cinnamon Goldfish	18 Cold Cereal Juice Milk BBQ Meatballs WG Dinner Roll Carrots Apple/ Applesauce Milk Pretzels & Fresh Fruit
22 Yogurt, Cold Cereal, and Fresh Fruit Milk Chicken Taco WG Chips Lettuce & Cheese Applesauce Milk WG Elf Grahams & Milk	23 English Muffin W/ Jelly Juice Milk Sloppy Joes WG Bun Carrots Peaches Milk Yogurt & Fresh Fruit	24 Banana Bread Fresh Fruit Milk Meatball Sub Green Bean Pineapple Milk WG Goldfish & String Cheese	25 Cold Cereal Juice Milk Baked Chicken WG Bun Pickles Mandarin Oranges Milk WG Cheez-Its & Milk
29 Bagels W/ Jelly Juice Milk	30 Cold Cereal Fresh Fruit Milk Dino Nuggets WG Dinner Roll Cold Carrots M. Oranges Milk	31 WG Muffin Juice Milk Chicken on a Biscuit Carrots Pears Milk	
	Bagels W/ Jelly	Bagels W/ Jelly Cold Cereal Juice Fresh Fruit Milk Milk Cooks Choice Dino Nuggets WG Dinner Roll WG Dinner Roll Peas Cold Carrots Pears M. Oranges	Bagels W/ Jelly Cold Cereal WG Muffin Juice Fresh Fruit Juice Milk Milk Milk Cooks Choice Dino Nuggets Chicken on a Biscuit WG Dinner Roll WG Dinner Roll Carrots Peas Cold Carrots Pears Pears M. Oranges Milk Milk Milk Milk