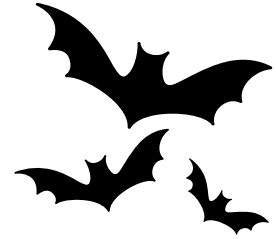




EmBe EDUCATION

OCTOBER



Meals are subject to change. An alternate snack is served when selected snack is inappropriate for children under age 3. EmBe Education strives 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Mini Waffles Bananas Milk Cheeseburger Eggroll Sweet Potatoes Pineapple Milk Popcorn & Fresh Fruit	2 Egg and Cheese Biscuit Juice Milk Spaghetti Hotdish WG Dinner Roll Corn Peaches Milk Chex-Mix and Milk	3 Breakfast Potatoes & Egg Bites Apple Slices Milk WG Chicken Strips WG Dinner Roll Scalloped Potatoes Pears Milk WG Blueberry Lemon Crispy Bite & Pudding
6 Pancakes Strawberries Milk WG Breaded Chicken WG Dinner Roll Peas Pears Milk Avocado Spread & Pita Bread Triangles	7 Sausage Links & Cornbread Milk Philly Cheesesteak WG Bun Corn M. Oranges Milk Strawberry Bar & Fresh Fruit	8 Yogurt, Berries & Granola Milk Bacon Mac & Cheese WG Dinner Roll Green Beans Apples Milk Carrot Sticks w/ Ranch & Cheese Sticks	9 Sausage Biscuits Banana Milk Chicken Drumsticks WG Dinner Roll Scalloped Potatoes Mangoes Milk Graham Crackers & Dunkaroo Dip	10 Egg Bites Tater Bites Milk Chili Corn Bread Carrots Strawberries Milk Chips, String Cheese & Hummus
13 Yogurt Berries w/ Granola Milk Bacon Cheeseburgers WG Bun Fries M. Oranges Milk WG Cinnamon Crispy Bites & Fruit Salad	14 Egg Bites Mangos Milk Chicken & Waffles Breakfast Potatoes Strawberries Milk Hot Pretzels & Cheese & Juice	15 Cheesy Ham & Potatoes Bake Banana/Apple Milk Lasagna Garlic Bread Asparagus Mixed Fruit Milk Chex-Mix and Milk	16 Fresh Fruits Pizza Milk Popcorn Chicken w/ Sweet and Sour & Rice WG Dinner Roll Carrots/Peas Pineapple Milk EmBe Lunchables	17 Biscuits and Gravy Banana Milk Shredded Beef Tortilla Lettuce/Cheese Peaches Milk WG Cheez-Its & Yogurt
20 Egg and Cheese Muffin Juice Milk Meatloaf w/ Cheese on a WG Bun Green Beans Pears Milk Wow Butter Sandwich & Watermelon	21 Bacon on a Biscuit Banana Milk Philly Cheesesteak Eggroll Broccoli M. Oranges Milk Sweet Potato Crackers with Fruit Salsa	22 Eggs and Bacon Juice Milk Sloppy Joes WG Bun Peas Mangos Milk String Cheese and Meat Stick	23 Egg & Cheese Bagel Juice Milk French Bread Pizza Carrots Diced Strawberries Milk Veggie Wheat Thins & Tuna	24 Yogurt and Berries Milk Chicken Fritters WG Dinner Roll Mashed Potatoes w/ Gravy Pineapple Milk Pepperoni & String Cheese
27 Ham, Egg and Cheese Croissant Juice Milk Ground Beef Mixed Vegetables Tator Tots WG Dinner Roll Mixed Fruits Milk Yogurt, Granola & Banana	28 Belgian Waffles Diced Strawberries Milk Nuggets WG Dinner Roll Corn Pineapple Milk Cottage Cheese, Cucumbers, Crackers	29 WG Muffin Fresh Fruit Milk Biscuits & Gravy Tri Tater Peaches Milk Turkey Bites & Cubed Cheese	30 Breakfast Pizza Juice Milk Grilled Cheese Tomato Soup Applesauce Milk Protein Bar & Fresh Fruit	31 Avocado Spread w/ Egg and Toast Milk Beef Taco WG Tortilla Lettuce/Cheese Strawberries Milk Baked Chips w/ Chip Dip & Juice