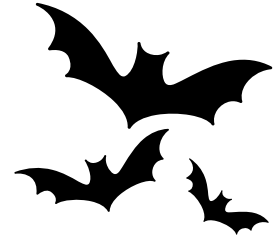




EmBe EDUCATION

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 Egg & Cheese Biscuits Juice Milk Hot Ham & Cheese WG Bun Peas Pineapple Milk Fruit & Cereal Mix	2 Yogurt, Granola Fresh Fruits Milk Chicken WG Dinner Roll Mashed Potatoes & Gravy Pears Milk Ham & Cheese Roll up
5 English Muffin Banana Milk BBQ Pulled Pork WG Bun Green Beans Pineapple Milk Strawberries & Banana Bread	6 Breakfast Stick Juice Milk WG Pizza Corn Applesauce Milk Belvita & Yogurt	7 Egg & Cheese on a Bagel Juice Milk Chicken Taco WG Tortilla Lettuce, Cheese Apple Milk Grahams, Peaches, & Cottage Cheese	8 Sausage Biscuit Juice Milk Spaghetti Hotdish WG Dinner Roll Peas Pears Milk WG Cinnamon Goldfish & Apples	9 Cold Cereal Berries Milk WG Ham/Turkey Roll up Tossed Salad Strawberries Milk WG Tortilla Roll & Fresh Fruit No Harrisburg
12 Cold Cereal Banana Milk Dino Nuggets WG Dinner Roll Corn Pineapple Milk WG Crackers Cheese & Juice No Harrisburg, No Sioux Falls	13 Yogurt, Granola Berries Milk Shredded Beef Nacho Corn Chips Lettuce/ Nacho Cheese Pears Milk Popcorn & String Cheese No Sioux Falls	14 WG Muffin Juice Milk Ribs WG Bun Green Beans Fresh Mixed Fruit Milk WG Cheez its & Pears	15 Banana Bread Juice Milk Waffles Sausage Tater Tots Mandarin Oranges Milk Chips, Cheese, & Salsa	16 Egg & Cheese on a Bagel Juice Milk Mac & Cheese WG Dinner Roll Mixed Veggies Peaches Milk Ham, Cheese & WG Crackers
19 Banana Bread Juice Milk Ham/Turkey WG Sandwich Pickles Sliced Apples Milk Pretzels & Cubed Cheese	20 Ham & Egg on Bun Apples Milk EmBe Famous Bowl (Popcorn Chicken, Mashed Potatoes, Gravy, Cheese) Mixed Fruit Milk Yogurt, Granola & Berries	21 Yogurt & Fresh Fruit Juice Milk Philly Cheese Steak WG Bun Tater Tots Apples/Applesauce Milk WG Tortilla Slices & Apples	22 WG Muffin Banana Milk Chicken Fajita WG Tortilla Lettuce/Cheese Pineapple Milk WG Cheez- It s & String Cheese	23 Bagels & Cream Cheese Fresh Fruits Milk Chili Saltines Sweet Carrots Mandarin Oranges Milk Sun Chips & Juice
26 WG Muffin Juice Milk Cheeseburgers WG Bun Baked Beans Peaches Milk Fruit & Cereal Snack Mix	27 Egg Bites Banana/ Strawberries Milk Turkey Corndogs Peas Mandarin Oranges Milk WG Muffin & Milk	28 Biscuits & Gravy Juice Milk WG Chicken Sticks WG Dinner Roll Cheesy Hashbrown Casserole Dragon Fruit Milk WG Pretzels, Cottage Cheese, Mangoes	29 Banana Bread Juice Milk Pizza Sticks or Bites Lettuce/Cheese Pineapple Milk WG Ritz, Cubed Cheese & Fruit	30 WG Muffin Banana Milk Open Face Beef Sandwich Mashed Potatoes/ Gravy Strawberries Milk Meat Sticks, String Cheese, & WG Cheez its