

## Planting Seeds of Hope Children's Center

### Menu

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
<b>2/4/19</b> - <b>2/8/19</b>	<b>AM</b> -Poptart & Juice  <b>LUNCH-</b> Hamburger w/Bun, Gr Beans, Pears, & Milk  <b>PM</b> -Apples w/Peanut Butter & Water	<b>AM</b> -Pancakes & Juice  <b>LUNCH-</b> Hamburger Tator Tot Casserole, Mixed Veggies, Peaches & Milk  <b>PM</b> -Cheez Its Crackers & Juice	<b>AM</b> -Fruitbar & Juice  <b>LUNCH-</b> Turkey Sliders, Corn, Mand. Oranges & Milk  <b>PM</b> -No Bake Crunch Bars & Juice	<b>AM</b> -Yogurt & Juice  <b>LUNCH-</b> Pasta w/Meat Sauce, Peas, Mixed Fruit & Milk  <b>PM</b> -Graham Crackers & Juice	<b>AM</b> -Mand. Oranges w/ Nilla Wafers & Water  <b>LUNCH-</b> Hot Dog w/ Bun, Carrots, Applesauce & Milk  <b>PM</b> -Crackers & Juice
<b>2/11/19</b> - <b>2/15/19</b>	<b>AM</b> -Cereal & Juice  <b>LUNCH-</b> Ham & Cheese Slider, Peas, Peaches & Milk  <b>PM</b> -Oyster Crackers & Juice	<b>AM</b> -Butter Toast & Juice  <b>LUNCH-</b> Mac & Cheese w/Hot Dog, Gr Beans, Applesauce & Milk  <b>PM</b> -Pretzels w/ Cheese Stick & Water	<b>AM</b> -Fruitbar & Juice  <b>LUNCH-</b> Meat Ravioli, Mixed Veggies., Pears & Milk  <b>PM</b> -Goldfish & Juice	<b>AM</b> -Poptart & Juice  <b>LUNCH-</b> Scalloped Potatoes w/Hamburger, Corn, Mand. Oranges & Milk  <b>PM</b> -Nilla Wafers & Juice	<b>AM</b> -Yogurt & Juice  <b>LUNCH-</b> Chicken Noodle Soup, Carrots, Mixed Fruit & Milk  <b>PM</b> -Crackers & Juice
<b>2/18/19</b> - <b>2/22/19</b>	<b>AM</b> -Yogurt & Juice  <b>LUNCH-</b> Cheeseburger, Peas, Mixed Fruit & Milk <b>PM</b> -Graham Crackers w/ Banana & Water	<b>AM</b> -Poptart & Juice  <b>LUNCH-</b> Pasta w/ Meat Sauce, Gr Beans, Pears & Milk <b>PM</b> -Cheese Crackers & Juice	<b>AM</b> -Pancakes & Juice  <b>LUNCH-</b> Hamburger Tator Tot Casserole, Corn, Mand Oranges & Milk <b>PM</b> -Nilla Wafers & Juice	<b>AM</b> -Fruitbar & Juice  <b>LUNCH-</b> Meat & Cheese Sandwich, Carrots, Applesauce & Milk <b>PM</b> -Pretzels & Juice	<b>AM</b> -Cereal & Juice  <b>LUNCH-</b> Fish Sticks, Mixed Veggies, Peaches & Milk <b>PM</b> -Animal Crackers & Juice
<b>2/25/19</b> - <b>3/1/19</b>	<b>AM</b> - Poptart & Juice  <b>LUNCH-</b> Hamburger Scalloped Potatoes, Gr Beans, Peaches & Milk <b>PM</b> -Goldfish Crackers & Juice	<b>AM</b> -Fruitbar & Juice  <b>LUNCH-</b> Mac & Cheese w/Hotdog, Peas, Applesauce, & Milk <b>PM</b> -Oyster Crackers w/ Peppers & Water	<b>AM</b> -Cereal & Juice  <b>LUNCH-</b> Pizza Sliders, Mixed Veggies, Mand Oranges & Milk  <b>PM</b> -Pretzels & Juice	<b>AM</b> -Yogurt & Juice  <b>LUNCH-</b> Hot Dog & Bun, Corn Mixed Fruit & Milk  <b>PM</b> -Cheez Its & Juice	<b>AM</b> -Muffins & Juice  <b>LUNCH-</b> PBJ Sandwich, Carrots, Pears & Milk  <b>PM</b> -Animal Crackers & Juice

Juice is 100% Juice-Infant 2 always have milk to drink at all snacks and meals

Infant 2 do not get any Peanut Butter -PBJ is substituted with a meat & cheese with crackers

Fresh Fruit=Strawberries, Blueberries, Raspberries, and Bananas