

## Planting Seeds of Hope Children's Center

### Menu

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
<b>3/4/19</b> - <b>3/8/19</b>	<b>AM</b> -Poptart & Juice	<b>AM</b> -Pancakes & Juice	<b>AM</b> -Fruitbar & Juice	<b>AM</b> -Yogurt & Juice	<b>AM</b> -Mand. Oranges w/ Nilla Wafers & Water
	<b>LUNCH</b> - PBJ Sandwich, Gr Beans, Pears, & Milk	<b>LUNCH</b> - Hamburger Tator Tot Casserole, Mixed Veggies, Peaches & Milk	<b>LUNCH</b> - Turkey Sliders, Corn, Mand. Oranges & Milk	<b>LUNCH</b> - Pasta w/Meat Sauce, Peas, Mixed Fruit & Milk	<b>LUNCH</b> - Hot Dog w/ Bun, Carrots, Applesauce & Milk
	<b>PM</b> -Apples w/Peanut Butter & Water	<b>PM</b> -Cheez Its Crackers & Juice	<b>PM</b> -Animal Crackers & Juice	<b>PM</b> -Graham Crackers & Juice	<b>PM</b> -Crackers & Juice
<b>3/11/19</b> - <b>3/15/19</b>	<b>AM</b> -Cereal & Juice	<b>AM</b> -Fruitbar & Juice	<b>AM</b> -Butter Toast & Juice	<b>AM</b> -Poptart & Juice	<b>AM</b> -Yogurt & Juice
	<b>LUNCH</b> - Personal Pepperoni Pizzas, Peas, Peaches & Milk	<b>LUNCH</b> - Mac & Cheese w/Hot Dog, Gr Beans, Applesauce & Milk	<b>LUNCH</b> - Turkey & Rice, Mixed Veggies., Pears & Milk	<b>LUNCH</b> - Scalloped Potatoes w/Hamburger, Corn, Mand. Oranges & Milk	<b>LUNCH</b> - Chicken Noodle Soup, Carrots, Mixed Fruit & Milk
	<b>PM</b> -Oyster Crackers & Juice	<b>PM</b> -Pretzels w/ Cheese Stick & Water	<b>PM</b> -Goldfish & Juice	<b>PM</b> -Crackers & Juice	<b>PM</b> -Nilla Wafers & Juice
<b>3/18/19</b> - <b>3/22/19</b>	<b>AM</b> -Cereal & Juice	<b>AM</b> -Yogurt & Juice	<b>AM</b> -Pancakes & Juice	<b>AM</b> -Fruitbar & Juice	<b>AM</b> -Poptart & Juice
	<b>LUNCH</b> - Cheeseburger, Peas, Pears & Milk	<b>LUNCH</b> - Pasta w/ Meat Sauce, Gr Beans, Mixed Fruit & Milk	<b>LUNCH</b> - PBJ Sandwich, Corn, Mand Oranges & Milk	<b>LUNCH</b> - Beef Ravioli, Carrots, Applesauce & Milk	<b>LUNCH</b> - Fish Sticks, Mixed Veggies, Peaches & Milk
	<b>PM</b> -Graham Crackers w/ Banana & Water	<b>PM</b> -Goldfish Crackers & Juice	<b>PM</b> -Nilla Wafers & Juice	<b>PM</b> -Pretzels & Juice	<b>PM</b> -Animal Crackers & Juice
<b>3/25/19</b> - <b>3/29/19</b>	<b>AM</b> -Yogurt & Juice	<b>AM</b> -Fruitbar & Juice	<b>AM</b> -Cereal & Juice	<b>AM</b> -Poptart & Juice	<b>AM</b> -Muffins & Juice
	<b>LUNCH</b> - Grilled Cheese w/ Tomato Soup, Gr Beans, Peaches & Milk	<b>LUNCH</b> - Mac & Cheese w/Hotdog, Peas, Applesauce, & Milk	<b>LUNCH</b> - Pizza Sliders, Mixed Veggies, Mand Oranges & Milk	<b>LUNCH</b> - Hot Dog & Bun, Corn Mixed Fruit & Milk	<b>LUNCH</b> - Hamburger Tator Tot Casserole, Carrots, Pears & Milk
	<b>PM</b> -Goldfish Crackers & Juice	<b>PM</b> -Oyster Crackers w/ Peppers & Water	<b>PM</b> -No Crunch Bars & Juice	<b>PM</b> -Cheez Its & Juice	<b>PM</b> -Pretzels w/ Cheese Stick & Water

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