

## Planting Seeds of Hope Children's Center

### Menu

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
10/1/18 - 10/5/18	<b>AM-Cereal &amp; Juice</b> <b>LUNCH-</b> Meat & Cheese Sandwich Mixed Fruit, Corn & Milk <b>PM-Nilla Wafers &amp; Juice</b>	<b>AM-Poptart &amp; Juice</b> <b>LUNCH-</b> Scalloped Potatoes w/Hamburger, Peas, Mand. Oranges & Milk <b>PM-Pretzels &amp; Juice</b>	<b>AM-Yogurt &amp; Juice</b> <b>LUNCH-</b> Hamburger Tator Tot Casserole, Carrots, Pears & Milk <b>PM-Crackers &amp; Juice</b>	<b>AM-Pancakes &amp; Juice</b> <b>LUNCH-</b> Meat Ravioli, Corn, Applesauce & Milk <b>PM-No Bake Crunch Bar &amp; Juice</b>	<b>AM-Butter Toast &amp; Juice</b> <b>LUNCH-</b> Fish Sticks, Mixed Veggies, Peaches & Milk <b>PM-Animal Crackers &amp; Juice</b>
10/8/18 - 10/12/18	<b>AM- Yogurt &amp; Juice</b> <b>LUNCH-</b> Cheeseburger w/ bun, Mixed Veg., Mixed Fruit & Milk <b>PM-Goldfish Crackers &amp; Juice</b>	<b>AM-Fruitbar &amp; Juice</b> <b>LUNCH-</b> Mac & Cheese w/Hotdog, Carrots, Applesauce, & Milk <b>PM-Oyster Crackers w/ Peppers &amp; Water</b>	<b>AM-Cereal &amp; Juice</b> <b>LUNCH-</b> Diced Turkey, Rice, Corn, Pears & Milk <b>PM-Pretzels &amp; Juice</b>	<b>AM-Poptart &amp; Juice</b> <b>LUNCH-</b> Personal Sausage Pizza, Gr Beans, Peaches & Milk <b>PM-Cheez Its &amp; Juice</b>	<b>AM-Muffins &amp; Juice</b> <b>LUNCH-</b> PBJ Sandwich, Corn, Mand. Oranges & Milk <b>PM-Animal Crackers &amp; Juice</b>
10/15/18 - 10/19/18	<b>AM-Fruitbar &amp; Juice</b> <b>LUNCH-</b> Hot Dog w/Bun, Gr Beans, Pears, & Milk <b>PM-Apples w/Peanut Butter &amp; Water</b>	<b>AM-Pancakes &amp; Juice</b> <b>LUNCH-</b> Turkey Sliders, Mixed Veggies, Peaches & Milk <b>PM-Cheez Its Crackers &amp; Juice</b>	<b>AM-Poptart &amp; Juice</b> <b>LUNCH-</b> Doritos Taco Hamburger Bake, Corn, Mand. Oranges & Milk <b>PM-No Bake Crunch Bars &amp; Juice</b>	<b>AM-Yogurt &amp; Juice</b> <b>LUNCH-</b> Pasta w/Meat Sauce, Peas, Mixed Fruit & Milk <b>PM-Graham Crackers w/ Banana &amp; Water</b>	<b>AM-Mand. Oranges w/ Nilla Wafers &amp; Water</b> <b>LUNCH-</b> Fish Sticks, Carrots, Applesauce & Milk <b>PM-Crackers &amp; Juice</b>
10/22/18 - 10/26/18	<b>AM-Cereal &amp; Juice</b> <b>LUNCH-</b> PBJ Sandwich, Peas, Peaches & Milk <b>PM-Nilla Wafers &amp; Juice</b>	<b>AM-Butter Toast &amp; Juice</b> <b>LUNCH-</b> Mac & Cheese w/HotDog, Gr Beans, Mand Oranges & Milk <b>PM-Goldfish Crackers &amp; Juice</b>	<b>AM-Fruitbar &amp; Juice</b> <b>LUNCH-</b> Meat Ravioli, Mixed Veggies., Pears & Milk <b>PM-Pretzels, Cheese Stick &amp; Water</b>	<b>AM-Yogurt &amp; Juice</b> <b>LUNCH-</b> Pepperoni Pizza Sliders, Carrots, Mixed Fruit & Milk <b>PM-Oyster Crackers w/ Peppers &amp; Water</b>	<b>AM-Muffins &amp; Juice</b> <b>LUNCH-</b> Hamburger Tator-Tot Casserole, Corn, Applesauce, & Milk <b>PM-Cheez Its Crackers &amp; Juice</b>
10/29/18 - 11/2/18	<b>AM-Poptart &amp; Juice</b> <b>LUNCH-</b> Hamburger w/bun, Peas, Mixed Fruit & Milk <b>PM-Graham Crackers &amp; Juice</b>	<b>AM-Fruitbar &amp; Juice</b> <b>LUNCH-</b> Scalloped Potatoes w/Hamburger, Corn, Mand. Oranges & Milk <b>PM-Pretzels w/ Hummus &amp; Juice</b>	<b>AM-Yogurt &amp; Juice</b> <b>LUNCH-</b> Meat & Cheese Sandwich, Carrots, Pears & Milk <b>PM-Crackers &amp; Juice</b>	<b>AM-Pancakes &amp; Juice</b> <b>LUNCH-</b> Meat Ravioli, Gr Beans, Applesauce & Milk <b>PM-No Bake Crunch Bar &amp; Juice</b>	<b>AM-Cereal &amp; Juice</b> <b>LUNCH-</b> Fish Sticks, Mixed Veggies, Peaches & Milk <b>PM-Animal Crackers &amp; Juice</b>

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

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