

Planting Seeds of Hope Children's Center

Menu

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
9/2/19 - 9/6/19	CENTER CLOSED	AM -Yogurt & Juice LUNCH - PBJ Sandwich, Mixed Veggies, Peaches & Milk PM -Pretzels & Juice	AM -Fruitbar & Juice LUNCH - Pepperoni Pizza Sliders w/Bun, Corn, Mand. Oranges & Milk PM -Graham Crackers & Juice	AM -Poptart & Juice LUNCH - Pasta w/Meat Sauce, Salad, Mixed Fruit & Milk PM -No Bake Crunch Bars & Juice	AM -Cereal & Juice LUNCH - Hot Dog w/ Bun, Carrots, Applesauce & Milk PM -Crackers & Juice
9/9/19 - 9/13/19	AM -Mand Oranges, Nilla Wafers & Water LUNCH - Meat Ravioli, Peas, Peaches & Milk PM -Oyster Crackers & Juice	AM -Granola Bar & Juice LUNCH - Mac & Cheese w/Hot Dog, Gr Beans, Mixed Fruit & Milk PM -Goldfish Crackers & Juice	AM -Pancakes & Juice LUNCH - Cheeseburger, Mixed Veggies, Pears & Milk PM -Crackers & Juice	AM -Fruitbar & Juice LUNCH - Turkey Noodle Casserole, Corn, Mand. Oranges & Milk PM -Pretzels, Cheese Stick & Water	AM -Scrambled Eggs & Juice LUNCH - Fish Sticks, Carrots, Applesauce & Milk PM -Nilla Wafers & Juice
9/16/19 - 9/20/19	AM -Granola Bar & Juice LUNCH - Chicken Patty Sandwich, Peas, Mixed Fruit & Milk PM -Pretzels & Juice	AM -Yogurt & Juice LUNCH - Hot Dog w/Bun, Gr Beans, Pears & Milk PM -Cheese Crackers & Juice	AM -Pancakes & Juice LUNCH - Hamburger Tator Tot Casserole, Corn, Mand Oranges & Milk PM -Nilla Wafers & Juice	AM -Muffins & Juice LUNCH - Spaghetti Pepperoni Pizza, Carrots, Applesauce & Milk PM -Graham Cracker w/ Banana & Water	AM -Cereal & Juice LUNCH - PBJ Sandwich, Mixed Veggies, Peaches & Milk PM -Animal Crackers & Juice
9/23/19 - 9/27/19	AM - Fruitbar & Juice LUNCH - Pasta w/ Meat Sauce, Peas, Peaches & Milk PM -Goldfish Crackers & Juice	AM -Cereal & Juice LUNCH - Hamburger, Carrots, Applesauce & Milk PM -Apples, Peanut Butter & Water	AM -Poptart & Juice LUNCH - Turkey Sliders, Mixed Veggies, Mixed Fruit & Milk PM -Pretzels & Juice	AM -Yogurt & Juice LUNCH - Mac & Cheese w/Hot Dog, Corn, Mand Oranges & Milk PM -Cheez Its & Juice	AM -Granola Bar & Juice LUNCH - Meat Ravioli, Gr Beans, Pears & Milk PM -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