## Planting Seeds of Hope Children's Center Menu

Monday	Tuesday	Wednesday		Friday
				AM-Granola Bar &
	-			Juice
LUNCH-	LUNCH-		LUNCH-	LUNCH-
Chicken Sandwich,	Pepperoni Pizza		Hamburger w/Bun,	Scalloped Potatoes with
Green Beans, Peaches	· ·	Mand. Oranges	Peas, Pears	Kielbasa, Mixed Vegs,
	Pineapple	Ŭ		Applesauce
PM-Goldfish & Juice	PM-Chex Mix & Juice	PM- Pretzels & Juice	PM-PB Crackers &	PM-Oyster Crackers &
			Juice	Juice
AM-Cereal & Juice	AM-Pancakes & Juice	AM-Yogurt, Graham	AM-Oatmeal & Juice	AM-Muffins & Juice
LUNCH-	LUNCH-	Cracker & Water	LUNCH-	LUNCH-
Hot Dog w/ Bun, Corn,			· · ·	Beef Burrito, Carrots,
Peaches				Pears
	· · ·	Peas, Mand. Oranges		PM-Cheese Stick w/
	<b>PM-</b> Fig Newton & Juice		u u u u u u u u u u u u u u u u u u u	Crackers & Water
Butter & Water		PM-Cheez Its & Juice	Vvafers & vvater	
AM-French Toast w/	AM-1/2 Banana w/	AM-Sausage Patty &	AM-Mand Orange w/	AM-Scrambled Eggs &
Juice	Graham Crackers &	Juice	Nilla Wafers & Water	Juice
LUNCH-	Juice	LUNCH-	LUNCH-	LUNCH-
Mac & Cheese w/Hot	LUNCH-	Pepperoni Rollups,	Hamburger Taco Rice,	Fish Sticks, Carrots,
Dogs, Mixed Vegetable,	Scalloped Potatoes w/	Peas, Pears	Green Beans, Peaches	Pineapple
Applesauce	Kielbasa, Corn, Mand.	PM-Oyster Crackers &	PM-Goldfish & Juice	PM-Chex Mix & Juice
<b>PM</b> -Pretzels & Juice	Oranges	Juice		
				AM- Cereal & Juice
				LUNCH-
				Cheeseburgers,
			Vegs, Pineappies	Carrots, Mand.
		· ·		Oranges
PMI-GOIGIISH & JUICE				DM Chaoz Ita & Iujaa
AM Granola Bar & Juice	Juice			PM-Cheez Its & Juice
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	Chicken Sandwich, Green Beans, Peaches PM-Goldfish & Juice AM-Cereal & Juice LUNCH- Hot Dog w/ Bun, Corn, Peaches PM-Apples w/ Peanut Butter & Water AM-French Toast w/ Juice LUNCH- Mac & Cheese w/Hot Dogs, Mixed Vegetable, Applesauce	AM-Mand Orange w/ Nilla Wafers & Water LUNCH- Chicken Sandwich, Green Beans, PeachesAM-Cottage Cheese w/ Cracker & Water LUNCH- Pepperoni Pizza Burgers, Carrots, Pineapple PM-Goldfish & JuiceAM-Cereal & Juice LUNCH- Hot Dog w/ Bun, Corn, PeachesAM-Pancakes & Juice LUNCH- Pasta with Meat Sauce, Green Beans, ApplesauceAM-French Toast w/ Juice LUNCH- Mac & Cheese w/Hot Dogs, Mixed Vegetable, ApplesauceAM-½ Banana w/ Graham Crackers & JuiceAM-Yogurt, Graham Cracker & WaterAM-½ Banana w/ Graham Crackers & JuiceAM-Yogurt, Graham Cracker & WaterAM-% Corn, PeachesAM-Yogurt, Graham Cracker & WaterAM-Granola Bars & JuiceAM-Yogurt, Graham Cracker & WaterAM-Granola Bars & JuiceAM-Granola Bar & JuiceAM-Granola Bars & JuiceAM-Granola Bar & JuiceAM-Brencocoli w/ Ranch & JuiceAM-Granola Bar & JuiceAM-Brancoli w/ Ranch & JuiceAM-Granola Bar & JuiceAM-Brance Water JuiceAM-Granola Bar & JuiceAM-Branch & JuiceAM-Granola Bar & JuiceAM-Brance Water JuiceAM-Granola Bar & JuiceAM-Brance Water JuiceAM-Granola Bar & JuiceAM-Brance Water 	AM-Mand Orange w/ Nilla Wafers & Water LUNCH- Chicken Sandwich, Green Beans, PeachesAM-Cottage Cheese w/ Cracker & Water LUNCH- Pepperoni Pizza Burgers, Carrots, PineappleAM-French Toast & JuicePM-Goldfish & JuiceAM-Pancakes & Juice LUNCH- Hot Dog w/ Bun, Corn, PeachesAM-Pancakes & Juice LUNCH- Pasta with Meat Sauce, Green Beans, ApplesauceAM-Yogurt, Graham Cracker & Water LUNCH- Pasta with Meat Sauce, Green Beans, ApplesauceAM-Yogurt, Graham Cracker & Water LUNCH- Pasta with Meat Sauce, Green Beans, ApplesauceAM-Yogurt, Graham Cracker & Water LUNCH- Pasta with Meat Sauce, Graham Crackers & JuiceAM-Yogurt, Graham Cracker & WaterAM-French Toast w/ JuiceAM-Y2 Banana w/ Graham Crackers & JuiceAM-Sausage Patty & JuiceAM-French Toast w/ JuiceScalloped Potatoes w/ Kielbasa, Corn, Mand. OrangesAM-Pancakes & JuiceAM-Yogurt, Graham Cracker & WaterAM-Granola Bars & JuiceAM-Pancakes & JuiceAM-Yogurt, Graham Cracker & WaterAM-Granola Bars & JuiceAM-Pancakes & JuiceAM-Yogurt, Graham Cracker & WaterAM-Granola Bars & JuiceAM-Pancakes & JuiceAM-Granola Bar & JuicePM-Broccoli w/ Ranch & JuiceAM-Pancakers & WaterAM-Granola Bar & JuiceJuiceAM-Pancaker & WaterAM-Granola Bar & JuiceJuicePM-Cheese Stick w/ Crackers & WaterAM-Granola Bar & JuiceJuicePM-Cheese Stick w/ Crackers & WaterAM-Granola Bar & JuiceJuicePM-Cheese Stick w/ Crackers & WaterAM-Apples w/ P	AM-Mand Orange w/ Nilia Wafers & Water LUNCH- Chicken Sandwich, Green Beans, PeachesAM-Cottage Cheese w/ Cracker & Water LUNCH- Pepperoni Pizza Burgers, Carrots, PineappleAM-French Toast & JuiceAM-Hard Boiled Egg & JuicePM-Goldfish & Juice LUNCH- Hot Dog w/ Bun, Corn, PeachesAM-Pancakes & Juice LUNCH- Pasta with Meat Sauce, Green Beans, ApplesauceAM-Pancakes & Juice LUNCH- Pasta with Meat Sauce, Grean Beans, ApplesauceAM-Yanama w/ Sauloped Potaces w/ LUNCH- Pasta with Meat Sauce, Graham Crackers & MaterAM-Yanama Cracker & Water LUNCH- Hamburger Taco Bowls, PeacesAM-Vanand Orange w/ AM-Vanila Wafers & WaterAM-Oatmeal & Juice LUNCH- Mad. OrangesAM-Oatmeal & Juice LUNCH- Mack & Cheese wHot Dogs, Mixed Vegetable, ApplesauceAM-Ya Banama w/ Graham Crackers & JuiceAM-Sausage Patty JuiceAM-Oatmeal & Juice LUNCH- Peas, Pears PM-Decakers & JuiceAM-Oatmeal & Juice LUNCH- Peas, Pears PM-Ogetar Crackers & WaterAM-Oatmeal & Juice LUNCH- Peas, Pears PM-Ogetar Crackers & WaterAM-Oatmeal & JuiceAM-Yogurt, Graham Cracker & Water LUNCH- Meat Ravioli, Peas, Pears PM-Goldfish & JuiceAM-Granola Bars & JuiceAM-Oatmeal & JuiceAM-Oatmeal & JuiceAM-Yogurt, Graham Cracker & Water LUNCH- Meat Ravioli, Peas, Pears PM-Goldfish & JuiceAM-Granola Bars & JuiceAM-Oatmeal & JuiceAM-Oatmeal & JuiceAM-Granola Bar & Juice LUNCH- Chicken Noodle Soup W/ Crackers, Mixed Vegs, PineappleAM-Granola Bar & JuiceAM-Oatmeal & JuiceAM-Oatmeal & JuiceAM-Granola Bar & Juice 

Milk is served with all lunches. Juice is 100%. Infant 2 children are always served milk. Any snacks that are dairy will be served with an additional grain. Infant 2 children are not served Peanut Butter-PBJ is substituted with a meat & cheese with crackers & PB Crackers are substituted with other crackers