

Planting Seeds of Hope Children's Center

Menu

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
10/5/20 - 10/9/20	AM -Cereal & Juice	AM -Yogurt & Juice	AM -Muffins & Juice	AM -Butter Toast & Juice	AM -Hard Boiled Egg & Juice
	LUNCH - Pepperoni Pizza Casserole, Gr Beans, Peaches & Milk	LUNCH - Turkey Ranch Wrap, Corn, Mand Oranges & Milk	LUNCH - Hamburger Tater Tot Casserole, Mixed Veggies, Pears & Milk	LUNCH - Meat Ravioli, Carrots, Pineapple & Milk	LUNCH - Hamburger Sandwich, Peas, Applesauce & Milk PM -Carrot Sticks w/ Ranch & Juice
	PM -Goldfish & Juice	PM -Hummus Pita Bread & Water	PM -Oyster Crackers & Juice	PM -Pudding & Juice	
10/12/20 - 10/16/20	AM - Cottage Cheese & Juice	AM -Granola bar & Juice	AM -Apple Cinn. Oatmeal & Juice	AM - Pancakes & Juice	AM -Scrambled Eggs & Juice
	LUNCH - Hot Dog w/ Bun, Peas, Applesauce & Milk	LUNCH - PBJ Sandwich, Gr Beans, Pears & Milk	LUNCH - Pasta w/ Meat Sauce, Carrots, Peaches & Milk	LUNCH - Hamburger Scalloped Potatoes, Corn, Pineapple & Milk	LUNCH - Chicken Noodle Soup, Mixed Veggies, Mand Oranges & Milk
	PM -Peppers, Cheese stick & Water	PM -Graham Cracker w/ Banana & Water	PM -Cheez Its, & Juice	PM -Chex Mix & Juice	PM -PB Crackers & Juice
10/19/20 - 10/23/20	AM - Mand Oranges w/ Nilla Wafers & Water	AM - Cereal & Juice	AM -Jelly Toast & Juice	AM - Muffins & Juice	AM -Yogurt & Juice
	LUNCH - Cheeseburgers, Peas, Pears & Milk	LUNCH - Pepperoni Pizza Rolls, Corn, Peaches & Milk	LUNCH - Mac & Cheese w/ Hot Dog, Gr Beans, Pineapple & Milk	LUNCH - Meat & Cheese Sandwich, Mixed Veggies, Mand Oranges & Milk	LUNCH - Fish Sticks, Carrots, Applesauce & Milk
	PM -Pudding & Juice	PM -Hummus w/ Pita Bread & Water	PM -Goldfish & Juice	PM - Peppers, Cheese stick & Water	PM -Sliced Cheese w/Crackers & Water
10/26/20 - 10/30/20	AM -Granola Bar & Juice	AM -French Toast Sticks & Juice	AM -Pancakes & Juice	AM -Scrambled Eggs & Juice	AM -Sausage Patty & Juice
	LUNCH - Scalloped Potatoes w/ Hamburger, Mixed Veggies, Mand Oranges & Milk	LUNCH - Tater Tot Hamburger Casserole, Peas, Applesauce & Milk	LUNCH - Tomato Soup Grilled Cheese w/ Bacon Sandwich, Carrots, Pineapple & Milk	LUNCH - Meat Ravioli, Gr Beans, Pears & Milk	LUNCH - Chicken Patty Sandwich, Corn, Peaches & Milk
	PM -Cheez Its, Cheese Stick & Water	PM -Cucumbers w/ Ranch & Juice	PM -Fig Newtons & Juice	PM -Apples w/ PB & Water	PM -Chex Mix & Juice

Juice is 100% Juice-Infant 2 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, Cheese PB Crackers is substituted with other crackers, Yogurt & Cottage Cheese snacks fruit &/wafers are added to the snack.