

Planting Seeds of Hope Children's Center

Menu

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
3/3/20 - 3/6/20	AM -Yogurt & Juice	AM -Cottage Cheese & Juice	AM -Cereal & Juice	AM - Pancakes& Juice	AM -Scrambled Eggs & Juice
	LUNCH - Meat Ravioli, Corn, Applesauce & Milk	LUNCH - Chicken Patty Sandwich, Peas, Mand Oranges & Milk	LUNCH - Mac & Cheese w/ Hot Dog, Carrots, Pears, & Milk	LUNCH - Hamburger w/Bun, Gr Beans, Pineapple & Milk	LUNCH - Fish Sticks, Mixed Veggies, Peaches & Milk
	PM -Chez It Crackers & Juice	PM -Cucumber w/ Ranch & Juice	PM -Goldfish Crackers & Juice	PM -Pretzels, Cheese Stick & Water	PM -Nilla Wafers & Juice
3/9/20 - 3/13/20	AM -Granola Bar & Juice	AM -Fruitbar & Juice	AM -Apple Cinn Oatmeal & Juice	AM -Muffins & Juice	AM -Poptarts & Juice
	LUNCH - Turkey Sliders, Peas, Pineapple & Milk	LUNCH - PBJ Sandwich, Peppers, Apples & Milk	LUNCH - Hamburger Tator Tot Casserole, Corn, Peaches & Milk	LUNCH - Spaghetti Pepperoni Pizza, Carrots, Applesauce & Milk	LUNCH - Hot Dog w/bun, Mixed Veggies, Mand Oranges & Milk
	PM -Cheese PB Crackers & Juice	PM - Fig Newtons & Juice	PM -Chex Mix & Juice	PM -Graham Crackers & Juice	PM -Hummus & Pita Bread w/ Water
3/16/20 - 3/20/20	AM -Mand Oranges w/ Nilla Wafers & Water	AM -French Toast Sticks & Juice	AM -Scrambled Eggs & Juice	AM -Yogurt & Juice	AM -Pancakes & Juice
	LUNCH - Pasta w/ Meat Sauce, Corn, Applesauce & Milk	LUNCH - Tomato Soup w/ Grilled Cheese Sandwich, Peas, Peaches & Milk	LUNCH - Mac & Cheese w/ Hot Dog,, Carrots, Pineapple & Milk	LUNCH - Chicken Patty Sandwich, Mixed Veggies, Mand Oranges & Milk	LUNCH - Hamburger & Scalloped Potatoes, Gr Beans, Pears & Milk
	PM -Goldfish Crackers & Juice	PM -Nilla Wafers & Juice	PM -Chez It Crackers & Juice	PM -Sliced Cheese w/ Crackers & Water	PM -Oyster Crackers & Juice
3/23/20 - 3/27/20	AM -Fruitbar & Juice	AM -Sausage Patty & Juice	AM -Cereal & Juice	AM -Granola Bar & Juice	AM -Muffins & Juice
	LUNCH - Pepperoni Pizza Sliders, Peas, Applesauce & Milk	LUNCH - Fish Sticks, Mixed Veggies, Peaches & Milk	LUNCH - Cheeseburger, Gr Beans, Pears & Milk	LUNCH - Tator Tot Casserole, Corn, Mand. Oranges & Milk	LUNCH - PBJ Sandwich, Carrots, Pineapple & Milk
	PM -Apples, Peanut Butter & Water	PM -Cheese Stick w/Pretzels & Water	PM - Cheese PB Crackers & Juice	PM -Graham Cracker w/ Banana & Water	PM - Chex Mix & 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, Cheese PB Crackers is substituted with other crackers, Yogurt & Cottage Cheese snacks fruit &/wafers are added to the snack.