

Planting Seeds of Hope Children's Center Menu

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
8/30/21 - 9/3/21	AM- Mandarin Oranges, Nilla Wafers & Water Lunch- Pepperoni Pizza Pasta Casserole, Peas, Pears & Milk PM- Cheez Its & Juice	AM-Cereal & Juice LUNCH- PBJ Sandwich, Corn, Mand. Oranges & Milk PM- Fig Newton & Juice	AM-Pancakes & Juice LUNCH- Hot Dog with Bun, Carrots, Applesauce & Milk PM- Apple Slice w/Peanut Butter& Water	AM- Granola Bar & Juice LUNCH- Chicken Patty Sandwich , Green Beans, Peaches & Milk PM- Peppers, Cheese Stick & Water	AM- Butter Toast & Juice LUNCH- Fish Sticks, Mixed Veggies, Pineapple & Milk PM- Chex Mix & Juice
9/6/21 - 9/10/21	Center Closed Labor Day	AM- Yogurt, Graham Cracker & Water LUNCH- Meat & Cheese Sandwich, Corn, Peaches & Milk PM- Goldfish & Juice	AM- Sausage Patty & Juice LUNCH- Tater Tot Hamburger Casserole, Gr Beans, Pineapple & Milk PM- Hummus w/ Pita Bread & Water	AM- Muffins & Juice LUNCH- Pepperoni Pizza Quesadilla, Mixed Veggies, Mand Oranges & Milk PM- Cucumbers w/ Ranch & Juice	AM- Scrambled Eggs & Juice LUNCH- Pasta with Meat Sauce, Carrots, Applesauce & Milk PM- Nilla Wafers & Juice
9/13/21 - 9/17/21	AM- Cottage Cheese, Wheat Crackers & Water Lunch- Cheeseburger, Mixed Veggies, Peaches & Milk PM- Carrot Sticks w/ Ranch & Juice	AM- French Toast & Juice Lunch- Hamburger Scalloped Potatoes, Peas, Pineapple & Milk PM- Chex Mix & Juice	AM- Hard Boiled Egg & Juice Lunch- Meat Ravioli, Carrots, Pears & Milk PM- Peppers, Cheese Stick & Water	AM- Apple Cinn Oatmeal & Juice Lunch- Fish Sticks, Green Beans, Applesauce & Milk PM- Cheez Its & Juice	AM- Cereal & Juice Lunch- Salad with chicken & Pita Bread, Corn, Mand. Oranges & Milk PM- Cheese Stick w/ Pretzels & Water
9/20/21 - 9/24/21	AM- Yogurt, Graham Cracker & Water Lunch- Mac & Cheese w/ Hot Dog, Corn, Peaches & Milk PM- Fig Newton & Juice	AM- Pancakes & Juice Lunch- Chicken Patty Sandwich, Green Beans, Mand. Oranges & Milk PM- Apple Slice w/Peanut Butter& Water	AM- Muffins & Juice Lunch- PBJ Sandwich, Peas, Applesauce & Milk PM- Gram Crackers & Juice	AM- ½ Banana w/ Nilla Wafers & Water Lunch- Pasta with Meat Sauce, Mixed Veggies, Pineapple & Milk PM- Cucumbers w/ Ranch & Juice	AM- Granola Bar & juice Lunch- Meat & Cheese Sandwich, Carrots, Pears & Milk PM- Pudding & Juice
9/27/21 - 10/1/21	AM- Cereal & Juice Lunch- Turkey Ranch Quesadilla, Green Beans, Applesauce & Milk PM- Goldfish & Juice	AM- Hard Boiled Egg & Juice Lunch- Taco Salad with Pita Bread, Carrots, Pineapple & Milk PM- Peppers, Cheese Stick & Water	AM- Apple Cinn. Oatmeal & Juice Lunch- Hot Dog w/ Bun, Corn, Peaches & Milk PM- Hummus w/ Pita Bread & Water	AM- Sausage Patty & Juice Lunch- Hamburger Sandwich, Peas, Pears & Milk PM- Nilla Wafers & Juice	AM- French Toast & Juice Lunch- Pepperoni Pizza Roll Ups, Mixed Veggies, Mand. Oranges & Milk PM- Pretzels & 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,
Pudding and Cheese snacks fruit &/wafers are added to the snack.