

Planting Seeds of Hope Children's Center

Menu

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
10/4/21 - 10/8/21	AM- Granola bar & Juice LUNCH- PBJ Sandwich , Carrots, Pineapple & Milk PM- Cheese Stick, Pretzels & Water	AM- Scrambled Eggs & Juice LUNCH- Tater Tot Hamburger Casserole, Peas, Applesauce & Milk PM- Cucumbers w/ Ranch & Juice	AM- Yogurt, Graham Cracker & Water LUNCH- Pepperoni Pizza Quesadillas, Mixed Veggies, Mand. Oranges & Milk PM- Fig Newton & Juice	AM- French Toast Sticks & Juice LUNCH- Chicken Patty Sandwich, Corn, Pears & Milk PM- Chex Mix & Juice	AM- Sausage Patty & Juice LUNCH- Pasta w/ Meat Sauce, Green Beans, Peaches & Milk PM- Apple Slice w/ Peanut Butter & Water
	AM- Pancakes & Juice LUNCH- Cheeseburgers, Peas, Pears & Milk PM- Pudding & Juice	AM- Cereal & Juice LUNCH- Pepperoni Pizza Rolls, Corn, Peaches & Milk PM- Hummus w/ Pita Bread & Water	AM- Apple Cinn. Oatmeal & Juice LUNCH- Mac & Cheese w/ Hot Dog, Gr Beans, Pineapple & Milk PM- Goldfish & Juice	AM- Mand. Oranges, Vanilla Wafers & Water LUNCH- Meat & Cheese Sandwich, Mixed Veggies, Applesauce & Milk PM- Graham Cracker & Juice	AM- Muffins & Juice LUNCH- Fish Sticks, Carrots, Mand Oranges & Milk PM- PBJ Roll Ups & Water
10/11/21 - 10/15/21	AM- Cottage Cheese, Wheat Crackers & Water LUNCH- Hot Dog w/ bun, Carrots, Pineapple & Milk PM- Cheez Its & Juice	AM- ½ Banana, Vanilla Wafers & Water LUNCH- PBJ Sandwich , Gr Beans, Pears & Milk PM- Pretzels & Juice	AM- Cereal & Juice LUNCH- Pepperoni Pasta, Peas, Peaches & Milk PM- Peppers, Cheese stick & Water	AM- Granola bar & Juice LUNCH- Beef Burrito, Corn, Applesauce & Milk PM- Chex Mix & Juice	AM- French Toast & Juice LUNCH- Chicken Patty Sandwich, Mixed Veggies, Mand. Oranges & Milk PM- Fig Newton & Juice
	AM- Cereal & Juice LUNCH- Meat Ravioli, Gr Beans, Peaches & Milk PM- Hummus w/ Pita Bread & Water	AM- Yogurt, Graham Cracker & Water LUNCH- Turkey Ranch Quesadilla, Corn, Mand. Oranges & Milk PM- Goldfish & Juice	AM- Sausage Patty & Juice LUNCH- Hamburger Gravy w/ Mashed Potatoes, Mixed Veggies, Pears & Milk PM- Apple Slice w/ Peanut Butter & Water	AM- Pancakes & Juice LUNCH- Personal Pepperoni Pizza, Carrots, Pineapple & Milk PM- Pudding & Juice	AM- Hard Boiled Egg & Juice LUNCH- Hamburger Sandwich, Peas, Applesauce & Milk PM- Carrot Sticks w/ Ranch & Juice
10/18/21 - 10/22/21					
10/25/21 - 10/29/21					

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.**