

## Planting Seeds of Hope Children's Center Menu

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
8/3/20 - 8/7/20	AM-Yogurt & Juice  LUNCH- PBJ Sandwich, Gr Beans, Pears & Milk  PM-Hummus w/Pita Bread & Water	AM-Pancakes & Juice  LUNCH- Hamburger w/ Bun, Corn, Mand Oranges & Milk  PM-Goldfish Crackers & Juice	AM-Muffins & Juice  LUNCH- Personal Pepperoni Pizza, Mixed Veggies, Peaches & Milk  PM-Cheese Crackers & Juice	AM-Butter Toast & Juice  LUNCH- Tator Tot Hamburger Casserole, Carrots, Pineapple & Milk  PM-Pudding & Juice	AM- Cereal & Juice LUNCH- Meat & Cheese Sandwich, Peas, Applesauce & Milk  PM-Peppers, Cheese stick & Water
8/10/20 - 8/14/20	AM-Fruitbar & Juice  LUNCH- Hot Dog w/ Bun, Carrots, Pineapple & Milk  PM-Carrots w/ Ranch & Juice	AM-Scrambled Eggs & Juice  LUNCH- Turkey Ranch Wrap, Gr Beans, Pears & Milk  PM-Graham Cracker w/ Banana & Water	AM-Cottage Cheese & Juice  LUNCH- Pasta w/ Meat Sauce, Peas, Applesauce & Milk  PM-Nilla Wafers & Juice	AM- Fruit Cup w/ Wafers & Water  LUNCH- Beef Taco Salad, Corn, Pita Bread, Peaches & Milk  PM-Goldfish & Juice	AM-Pancakes & Juice  LUNCH- Chicken Patty Sandwich, Mixed Veggies, Mand Oranges & Milk  PM-Sliced Cheese w/ Crackers & Water
8/17/20 - 8/21/20	AM- Mand Oranges w/ Nilla Wafers & Water  LUNCH- Cheeseburgers, Peas, Pears & Milk PM-Pudding & Juice	AM- Apple Cinn Oatmeal & Juice  LUNCH- Pepperoni Pizza Rolls, Corn, Peaches & Milk PM-Hummus w/ Pita Bread & Water	AM-Jelly Toast & Juice  LUNCH- Mac & Cheese w/ Hot Dog, Gr Beans, Pineapple & Milk  PM-Chex Mix & Juice	AM- Muffins & Juice  LUNCH- Meat & Cheese Sandwich, Mixed Veggies, Mand Oranges & Milk PM- Peppers, Cheese stick & Water	AM-Yogurt & Juice  LUNCH- Hamburger Tator Tot Casserole, Carrots, Applesauce & Milk PM-PB Crackers & Juice
8/24/20 - 8/28/20	AM-Granola Bar & Juice  LUNCH- Scalloped Potatoes w/ Hamburger, Mixed Veggies, Mand Oranges & Milk PM-Cheez Its, Cheese Stick & Water	AM-French Toast Sticks & Juice  LUNCH- Chicken Patty Sandwich, Peas, Applesauce & Milk PM-Cucumbers w/ Ranch & Juice	AM-Fruit Cup w/ Graham Crackers & Water  LUNCH- Grilled Chicken Salad, Carrots, Pineapple, Pita Bread & Milk PM-Fig Newtons & Juice	AM-Cheesy Egg Puffs & Water  LUNCH- Meat Ravioli, Gr Beans, Pears & Milk PM-Apples w/ PB & Water	AM-Sausage Patty & Juice  LUNCH- Fish Sticks, Carrots, Pineapple & Milk 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.