

Early Discoveries Lake County's On-Site Childcare Center



Menu Dates

9/6 - 9/10
10/18 - 10/22
11/29 - 12/3

Week 1

Infants
Toddlers



Monday

Tuesday

Wednesday

Thursday

Friday

<p>Early Breakfast 7:00-8:00</p>	<p>Whole Grain Cheerios Diced Peaches Whole Milk (M)</p>	<p>Buttered Whole Wheat Toast with Jelly (S,W) Diced Mixed Fruit Whole Milk (M)</p>	<p>Whole Grain Oatmeal Diced Pears Whole Milk (M)</p>	<p>French Toast Sticks with Syrup (S,W) Applesauce Whole Milk (M)</p>	<p>Rice Krispies Cereal Mixed Fruit Whole Milk (M)</p>
<p>Late Breakfast/ AM Snack 8:30-9:30</p>	<p>Sliced Banana Bread (E,M,S,W) Diced Pears Whole Milk (M)</p>	<p>Scrambled Egg Patties (E,M) Tropical Fruit Whole Milk (M)</p>	<p>Oven Warm Biscuits (M,S,W) with Jelly Diced Peaches Whole Milk (M)</p>	<p>Egg Frittatas (E,M,CP) Fresh Bananas Whole Milk (M)</p>	<p>Pork Sausage Patty (CP) OR Veggie Sausage Patty (E,M,S,W) Oven Roasted Potatoes Whole Milk (M)</p>
<p>Lunch 11:00-12:30</p>	<p>Scalloped Potatoes with Ham (M,S,CP) Steamed Broccoli Fresh Mixed Fruit Whole Milk (M)</p>	<p>Mini Beef Ravioli (M,S,W) Baked Cheddar Cheese Biscuits (M,S,W) Steamed Peas & Carrots Mandarin Oranges Whole Milk (M)</p>	<p>Grilled Cheese on Whole Wheat Bread (M,S,W) Creamy Homemade Tomato Soup (M,S,W) with Gold Fish Crackers (M,W) Diced Apples Whole Milk (M)</p>	<p>Grilled Hamburger on Whole Wheat Bun with American Cheese (M,S,W) and Ketchup. Baked Potato Tots (S) Steamed Carrots Mixed Fruit Whole Milk (M)</p>	<p>Whole Grain Cheese Pizza (M,S,W) Mixed Vegetables Fresh Bananas Whole Milk (M)</p>
<p>Vegetarian Lunch</p>	<p>Scalloped Potatoes (M,S) Falafel Pucks (W)</p>	<p>Butternut Squash Ravioli (E,M,S,W) Baked Cheddar Biscuits (M,S,W)</p>	<p>Grilled Cheese on Whole Wheat Bread (M,S,W) Homemade Tomato Soup (M,S,W)</p>	<p>Baked Vegetarian Burger (E,M,S,W) on a Whole Wheat Bun (S,W) Baked Potato Tots (S)</p>	<p>Whole Grain Cheese Pizza (M,S,W) Mixed Vegetables</p>
<p>PM Refreshments 3:00-3:30</p>	<p>Fresh Hummus (S) on Pita Points (W)</p>	<p>Two's - Egg Salad (E) on a Naan Bread (E,M,S,W) Infants- Cheese On Wheat Crackers (M,S,W)</p>	<p>Fruit Crunch Bars (M,S,W)</p>	<p>Fruit & Yogurt Parfait (M)</p>	<p>Animal Crackers (S,W)</p>



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CP

Early Discoveries Lake County's On-Site Childcare Center



Menu Dates

9/13 – 9/17
10/25 -10/29
12/6 - 12/10

Week 2

Infants
Toddlers



Monday

Tuesday

Wednesday

Thursday

Friday

Early Breakfast 7:00-8:00	Rice Krispies Diced Peaches & Pears Whole Milk (M)	Whole Grain Pancakes with Syrup (E,M,S,W) Applesauce Whole Milk (M)	Corn Flakes Cereal (S) Diced Peaches Whole Milk (M)	Buttered Cinnamon Swirl Toast (S,W) Diced Pears Whole Milk (M)	Sliced Blueberry Bread (E,M,S,W) Diced Mixed Fruit Whole Milk (M)
Late Breakfast/AM Snack 8:30-9:30	Warm Biscuits (M,S,W) Turkey Sausage OR Veggie Sausage Patty (E,M,S,W) Diced Pears Whole Milk (M)	Buttered Whole Wheat Toast with Jelly (S,W) Mixed Fruit Whole Milk (M)	Egg Patties (E,M) Pork Sausage Patty (CP) OR Veggie Sausage Patty (E,M,S,W) Whole Milk (M)	Yogurt (M) with Rice Krispies Cereal Diced Peaches & Pears Whole Milk (M)	Egg Omelets (E,M) Diced Apples Whole Milk (M)
Lunch 11:00-12:30	BBQ Pulled Pork on a Whole Wheat Bun (W,CP) Seasoned Potato Cubes (W) Steamed Diced Carrots Mandarin Oranges Whole Milk (M)	Au Gratin Potatoes (M,S) Chicken Fajita Strips Steamed (Mashed) Peas Mixed Fruit Whole Milk (M)	Homemade Chili Whole Wheat Roll with Butter (M,S,W) Steamed Broccoli Diced Pears Whole Milk (M)	(Twos) Chicken Strips (Infants) Diced Chicken Mashed Potatoes (M) & Gravy (E,M,S,W) Steamed Yellow & Green Beans Fresh (Mashed) Bananas Whole Milk (M)	Baked Beef Bites w/ BBQ Sauce (S,W) Tri-Color Baked Potato Medley Steamed (Mashed) Peas Diced Fruit Cocktail Whole Milk (M)
Vegetarian Lunch	Vegetarian Burger (E,M,S,W) Seasoned Potato Cubes (W)	Au Gratin Potatoes with Veggie Crumbles (M,S,W)	Vegetarian Chili Whole Wheat Roll with Butter (M,S,W)	Roast Beet & Chickpea Veggie Burger (S) with Mashed Potatoes (M)	Steamed Teriyaki Rice (S,W) Vegetables with Pakoras
PM Refreshments 3:00-3:30	Hummus (S) With Pita Points (W)	Sliced Cheese on Whole Wheat Crackers (M,S,W)	Banana & Yogurt Dip (M)	Graham Crackers (S,W)	Fresh Hummus (S) on Pita Points (W)



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Early Discoveries Lake County's On-Site Childcare Center



Menu Dates
9/20 - 9/24
11/1 - 11/5
12/13 - 12/17

Week 3

**Infants
Toddlers**



Monday

Tuesday

Wednesday

Thursday

Friday

Early Breakfast 7:00-8:00	Buttered Whole Wheat Toast w/ Jelly (S,W) Diced Peaches & Pears Whole Milk (M)	Whole Grain Pancakes with Syrup (E,M,S,W) Applesauce Whole Milk (M)	Whole Grain Cheerios Diced Peaches Whole Milk (M)	Oven Warm Biscuits with Jelly (M,S,W) Mixed Fruit Whole Milk (M)	Rice Krispies Cereal Fresh Bananas Whole Milk (M)
Late Breakfast/AM Snack 8:30-9:30	Scrambled Egg Patty (E,M) Pork Sausage Patty (CP) OR Veggie Sausage Patty (E,M,S,W) Whole Milk (M)	Yogurt (M) and Corn Flakes Cereal (S) Diced Pears Whole Milk (M)	Buttered Toast w/ Jelly (S,W) Mixed Fruit Whole Milk (M)	French Toast with Syrup (E,M,S,W) Applesauce Whole Milk (M)	Wheat Toast (S,W) Turkey Sausage Patty OR Veggie Sausage Patty (E,M,S,W) Diced Pears Whole Milk (M)
Lunch 11:00-12:30	Whole Grain Macaroni & Cheese with Chicken Strips (M,S,W) Cheese Breadstick (M,S,W) Steamed Broccoli Mandarin Oranges Whole Milk (M)	Baked Homemade Meatloaf (E,M,S,W) Mashed Potatoes(M) & Gravy (E,M,S,W) Steamed Peas & Carrots Diced Apples Whole Milk (M)	Whole Grain Breaded Chicken Nuggets (W,S) with BBQ Sauce Seasoned Baked Potato Wedges (W) Steamed Cauliflower Tropical Fruit Whole Milk (M)	Pierogi (E,M,S,W) with Marinara Dipping Sauce Steamed Green Beans Fresh Bananas Whole Milk (M)	Whole Grain Cheese Pizza (M,S,W) Steamed Yellow Squash & Zucchini Diced Apples Whole Milk (M)
Vegetarian Lunch	Whole Grain Macaroni & Cheese with Veggie Crumbles (M,S,W) Cheese Breadstick (M,S,W)	Teriyaki Rice & Veggie Blend with Samosas (S,W)	Vegetarian Burger (E,M,S,W) Seasoned Baked Potato Wedges (W)	Pierogi (E,M,S,W) with Marinara Dipping Sauce	Whole Grain Cheese Pizza (M,S,W) Steamed Yellow Squash & Zucchini
PM Refreshments 3:00-3:30	Banana with Yogurt Dip (M)	Chicken Salad (E) on Pita Points (W) Vegetarian-Cottage Cheese (M)	Cheese on Whole Grain Crackers (M,S,W)	Naan (E,M,S,W) with Roasted Red Pepper Hummus (S)	Fruit Crunch Bar (M,S,W)



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CP

Early Discoveries Lake County's On-Site Childcare Center



Menu Dates

9/27 - 10/1
11/8 - 11/12
12/20 - 12/24

Week 4

Infants
Toddlers



Monday

Tuesday

Wednesday

Thursday

Friday

Early Breakfast 7:00-8:00	Mini Blueberry Muffins (E,W) Diced Tropical Fruit Salad Whole Milk (M)	French Toast Sticks with Syrup (S,W) Applesauce Whole Milk (M)	Rice Krispies Cereal Peaches & Pears Whole Milk (M)	Whole Grain Pancakes with Syrup (E,M,S,W) Applesauce Whole Milk (M)	Corn Flakes Cereal (S) Diced Mixed Fruit Whole Milk (M)
Late Breakfast/AM Snack 8:30-9:30	Pork Sausage Patty (CP) OR Veggie Sausage Patty (E,M,S,W) Buttered Toast (S,W) Whole Milk (M)	Scrambled Egg Patties (E,M) Diced Peaches Whole Milk (M)	Yogurt Parfait (M) Mixed Fruit Whole Milk (M)	Sliced Banana Bread (E,M,S,W) Mandarin Oranges Whole Milk (M)	Egg Patty (E,M) Turkey Sausage Patty OR Veggie Sausage Patty (E,M,S,W) Whole Milk (M)
Lunch 11:00-12:30	Whole Wheat Spaghetti with Meatballs (M,S,W) Steamed Cauliflower Cheese Breadstick (M,S,W) Mandarin Oranges Whole Milk (M)	Grilled Ham & Cheese Sandwich on Whole Wheat Bread (M,S,W,CP) Vegetable Soup Oyster Crackers (M,S,W) Diced Pears Whole Milk (M)	Roast Turkey Homemade Dressing (S,W) Turkey Gravy (M,S,W) Steamed Diced Carrots Diced Apples Whole Milk (M)	Sloppy Joes Served on Whole Wheat Bun (W) Vegetarian Baked Beans Fresh Bananas Whole Milk (M)	Diced Chicken Breast Mashed Potatoes (M) with Gravy (E,M,S,W) Steamed Peas & Carrots Diced Apples Whole Milk (M)
Vegetarian Lunch	Spaghetti Marinara with Veggie Crumbles (S,W) Cheese Bread Stick (M,S,W)	Grilled Cheese (M,S,W) Vegetarian Soup	Steamed Rice and Vegetables with Sweet Potato Vegetable Burger (S)	Vegetarian Burger on Whole Wheat Bun (E,M,S,W) Vegetarian Baked Beans	Vegan Samosas with Mango Chutney Vegetable Rice (W)
PM Refreshments 3:00-3:30	Chicken Salad (E) on Naan Bread (E,M,S,W)	Fresh Banana with Yogurt Dip (M)	Homemade Egg Salad (E) & Pita Points (W)	Goldfish Crackers (M,W)	Blueberry Muffin (E,M,W)



C



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CP

Early Discoveries Lake County's On-Site Childcare Center



Menu Dates
10/4 - 10/8
11/15 - 11/19
12/27 - 12/31

Week 5

**Infants
Toddlers**



Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Early Breakfast 7:00-8:00	Sliced Blueberry Bread (E,M,S,W) Mixed Fruit Whole Milk (M)	Whole Grain Cheerios Diced Peaches Whole Milk (M)	Baked Whole Grain Pancakes with Syrup (E,M,S,W) Applesauce Whole Milk (M)	Cinnamon Toast (S,W) Diced Peaches Whole Milk (M)	Corn Flakes Cereal (S) Diced Pears Whole Milk (M)
Late Breakfast/AM Snack 8:30-9:30	Egg Patties (E,M) Turkey Sausage Patty OR Veggie Sausage Patty (E,M,S,W) Whole Milk (M)	Yogurt Parfait (M) with Rice Krispies Cereal Whole Milk (M)	Whole Wheat Toast with Jelly (S,W) Diced Pears Whole Milk (M)	Buttered Whole Wheat Toast (S,W) Pork Sausage Patty (CP) OR Veggie Sausage Patty (E,M,S,W) Whole Milk (M)	Egg Omelets (E,M) Mixed Fruit Whole Milk (M)
Lunch 11:00-12:30	Scalloped Potatoes with Diced Ham (M,S,CP) Diced Carrots Steamed Carrots Diced Pears Whole Milk (M)	Whole Grain Breaded Chicken Nuggets (W,S) Smiley Potatoes with Ketchup Sliced Yellow squash Diced Apples Whole Milk (M)	Grilled Cheese on Whole Wheat Bread (M,S,W) Creamy Homemade Tomato Soup (M,S,W) with Goldfish Crackers (M,W) Mandarin Oranges Whole Milk (M)	Grilled Hamburger on Whole Wheat Bun with American cheese (M,S,W) and Ketchup Baked Crinkle Cut Potatoes Steamed Peas Diced Apples Whole Milk (M)	Whole Grain Cheese Pizza (M,S,W) Mixed Vegetables Fresh Bananas Whole Milk (M)
Vegetarian Lunch	Scalloped Potatoes with Veggie Crumbs (M,S,W)	Vegan Pakoras Teriyaki Rice & Vegetables (S,W)	Grilled Cheese (M,S,W) Tomato Soup (M,S,W) with Goldfish Crackers (M,W)	Grilled Garden Veggie Burger (E,M,S,W) Baked Crinkle Cut Potatoes	Cheese Pizza (M,S,W) Mixed Vegetables
PM Refreshments 3:00-3:30	Pita Bread (W) with Hummus (S)	Teddy Grahams (S,W)	Fruit Crunch Bars (M,S,W)	Bananas with Yogurt Dip (M)	Chicken Salad (E) on Wheat Crackers (S,W) Vegetarians—Cottage Cheese (M)



C



E



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CP

Early Discoveries Lake County's On-Site Childcare Center



Menu Dates
10/11 - 10/15
11/22 - 11/26

Infants
Toddlers

Week 6



Monday

Tuesday

Wednesday

Thursday

Friday

Early Breakfast 7:00-8:00	Sliced Banana Bread (E,M,S,W) Diced Peaches Whole Milk (M)	Cream of Wheat (W) Banana Whole Milk (M)	Corn Flakes Cereal (S) Diced Peaches & Pears Whole Milk (M)	Oven Warm Biscuits with Jelly (M,S,W) Mandarin Oranges Whole Milk (M)	Cinnamon Swirl Toast (S,W) Diced Pears Whole Milk (M)
Late Breakfast/AM Snack 8:30-9:30	Toast with Jelly (S,W) Diced Pears Whole Milk (M)	Turkey Sausage Patty OR Veggie Sausage Patty (E,M,S,W) Diced Apples Whole Milk (M)	French Toast Sticks with Syrup (S,W) Mixed Fruit Whole Milk (M)	Egg Patty (E,M) Wheat Toast (S,W) Whole Milk (M)	Yogurt (M) Rice Krispies Cereal Fresh Bananas Whole Milk (M)
Lunch 11:00-12:30	Beef Ravioli (E,M,S,W) Cheddar Cheese Biscuits (E,M,S,W) Steamed Peas Diced Fruit Whole Milk (M)	Grilled Ham & Cheese Sandwich on Whole Wheat Bread (M,S,W,CP) Homemade Creamy Chicken & Rice Soup (M,S,W) Oyster Crackers (M,S,W) Mixed Fruit Whole Milk (M)	Meatballs with Beef Gravy Penne Rigate Pasta (E,M,S,W) Steamed Broccoli & Cauliflower Fresh (mashed) Banana Whole Milk (M)	Baked Ham (CP) Sweet Potato Puffs Steamed Peas & Carrots Crushed Pineapple Whole Milk (M)	Whole Grain Breaded Chicken Nuggets (W,S) BBQ Sauce Seasoned Potato Wedges (W) Steamed Spinach Diced Apples Whole Milk (M)
Vegetarian Lunch	Cheese Ravioli with Veggie Crumbles (E,M,S,W) Cheddar Biscuits (M,S,W)	Grilled Cheese on Whole Wheat Bread (M,S,W) Lentil Soup (S,W)	Penne Rigate Pasta with Marinara Sauce (W) Cauliflower Vegetable Burger (E,S,W)	Cheese Lasagna Roll-up (E,M,W) Black Beans	Garden Veggie Burger (E,M,S,W) Seasoned Potato Wedges (W)
PM Refreshments 3:00-3:30	Apple Breadstick (S,W)	Graham Crackers (S,W)	Egg Salad (E) on Wheat Crackers (S,W)	Hummus (S) with Pita Points (W)	Banana w/ Yogurt Dip (M)



C



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