

Early Discoveries Lake County's On-Site Childcare Center



Menu Dates

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

No Dairy



Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Early Breakfast 7:00-8:00	Whole Grain Cheerios Diced Peaches	Wheat Toast with Jelly (S,W) Mixed Fruit	Whole Grain Oatmeal Raisins Diced Pears	Cinnamon Swirl Toast (S,W) Applesauce	Bran Flakes Cereal (W) Mixed Fruit Whole Milk (M)
Late Breakfast/ AM Snack 8:30-9:30	No Dairy Banana Bread (W) Mandarin Oranges	Pork Sausage Patty (CP) Tropical Fruit	English Muffin with Jelly (S,W) Diced Peaches	Corn Flakes Cereal (S) Fresh Bananas	Pork Sausage Patty (CP) Oven Roasted Potatoes
Lunch 11:00-12:30	Fresh Baked Potatoes with Ham (CP) Brussels Sprouts Fresh Mixed Fruit	Whole Grain Pasta with Marinara Sauce & Kidney Beans (W) Breadstick (W) Steamed Corn Fresh Sliced Oranges	Grilled Turkey on Whole Wheat Bread (S,W) Creamy Homemade Tomato Soup – made with water (S,W) Fresh Organic Apples	Grilled Hamburger on Whole Wheat Bun (S,W) and Ketchup. Baked Potato Tots (S) Steamed Carrots Mixed Fruit	Veggie Pizza (No Cheese) (W) Fresh Lettuce Salad with Italian Dressing Mixed Vegetables Fresh Bananas
Vegetarian Lunch					
PM Refreshments 3:00-3:30	Fresh Sliced Cucumbers Hummus (S)	Egg Salad (E) On Wheat Crackers (S,W)	Graham Crackers (S,W)	Mixed Fresh Fruit	Animal Crackers (S,W)



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Early Discoveries Lake County's On-Site Childcare Center



Menu Dates

9/13 - 9/17
10/25 - 10/29
12/6 - 12/10

No Dairy



Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Early Breakfast 7:00-8:00	Rice Krispies (No Milk) Peaches & Pears	Raisin Bread (S,W) Applesauce	Golden Grahams Cereal (W) Fresh Strawberries	Buttered Cinnamon Swirl Toast (S,W) Diced Pears	No Dairy Banana Bread (W) Pineapple Tidbits
Late Breakfast/AM Snack 8:30-9:30	Buttered Whole Wheat Toast (S,W) Turkey Sausage Diced Pears	English Muffin with Jelly (S,W) Mixed Fruit	Pork Sausage Patty (CP) Fresh Fruit	Rice Krispies Cereal (S) Diced Peaches & Pears	Turkey Sausage Fresh Organic Apples
Lunch 11:00-12:30	BBQ Pulled Pork on a Whole Wheat Bun (W,CP) Seasoned Potato Cubes (W) Diced Carrots Fresh Oranges	Fresh Baked Potato Chicken Fajita Strips Steamed Peas Fresh Mixed Fruit	Homemade Chili Whole Wheat Roll (W) Steamed Broccoli Fresh Pears	Grilled Chicken Fajita Baked Potato Steamed Yellow & Green Beans Fresh Bananas	Steamed Teriyaki Rice (S,W) Vegetables with Pakoras Steamed Peas Diced Fruit Cocktail
Vegetarian Lunch					
PM Refreshments 3:00-3:30	Hummus (S) With Pita Points (W)	Tuna Salad (E,F,S) on Wheat Crackers (S,W)	Apples with Soy Butter (S)	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

No Dairy



Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Early Breakfast 7:00-8:00	Bagel with Jelly (E,S,W) Sliced Peaches & Pears	No Dairy Banana Bread (W) Applesauce	Rice Chex Cereal (No Milk) Diced Peaches	Cinnamon Swirl Toast (S,W) Mixed Fruit	Cinnamon Toast Crunch Cereal (S,W) Fresh Bananas
Late Breakfast/AM Snack 8:30-9:30	Pork Sausage Patty (CP) Fresh Fruit	Corn Flakes Cereal (S) Diced Pears	English Muffin with Jelly (S,W) Mixed Fruit	Rice Krispies Applesauce	Buttered Whole Wheat Toast (S,W) Turkey Sausage Patty Fresh Pears
Lunch 11:00-12:30	Whole Grain Macaroni & Marinara with Chicken Strips (S,W) Breadstick (S,W) Steamed Broccoli Fresh Oranges	Baked Homemade Meatloaf (S,W) Baked Potato Steamed Corn Fresh Apples	Whole Grain Breaded Chicken Nuggets (W,S) w/ BBQ Sauce Seasoned Baked Potato Wedges (W) Steamed Cauliflower Tropical Fruit	Teriyaki Rice with Vegetables (S,W) Vegetable Pakoras Steamed Green Beans Fresh Bananas	Veggie Pizza (No Cheese) (W) Steamed Yellow Squash & Zucchini Fresh Organic Apples
Vegetarian Lunch					
PM Refreshments 3:00-3:30	Fresh Apples W/ Soy butter Dip (S)	Pita Points (W) with Salsa	Soy Butter On Wheat Crackers (S,W)	Sliced Cucumbers and Roasted Red Pepper Hummus (S)	Teddy Grahams (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

No Dairy



Week 4

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Early Breakfast 7:00-8:00	No Dairy Banana Bread (W) Tropical Fruit Salad	Whole Wheat Toast w/ Jelly (S,W) Applesauce	Rice Krispies Cereal Peaches & Pears	Buttered Toast with Jelly (S,W) Applesauce	Bran Flakes Cereal (W) Fruit Cocktail
Late Breakfast/AM Snack 8:30-9:30	Pork Sausage Patty (CP) Buttered Toast (S,W)	Cinnamon Swirl Toast (S,W) Diced Peaches	Pork Sausage Patty (CP) Mixed Fresh Fruit	No Dairy Banana Bread (W) Mandarin Oranges	Turkey Sausage Patty Mixed Fruit
Lunch 11:00-12:30	Whole Wheat Spaghetti (S,W) Red Beans Steamed Cauliflower Breadstick (S,W) Fresh Oranges	Grilled Ham Sandwich on Whole Wheat Bread (S,W,CP) Vegetable Soup Fresh Pears	Roast Turkey Homemade Dressing (S,W) Lima Beans Fresh Apples	Sloppy Joes Served on Whole Wheat Bun (W) Vegetarian Baked Beans Fresh Bananas	Chicken Strips Baked Potato Steamed Corn Fresh Organic Apples
Vegetarian Lunch					
PM Refreshments 3:00-3:30	Chicken Salad (E) on Pita Bread (S,W)	Fresh Apples with Soy Butter (S)	Homemade Egg Salad (E) & Pita Points (W)	Giant Cinnamon Goldfish Crackers (W)	Teddy Graham (S,W)



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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

No Dairy



Week 5

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Early Breakfast 7:00-8:00	No Dairy Banana Bread (W) Mixed Fruit	Whole Grain Cheerios Diced Peaches	Bagel with Jelly (E,S,W) Applesauce	Cinnamon Toast (S,W) Sliced Peaches	Life Cereal (W) (No Milk) Fresh Strawberries
Late Breakfast/ AM Snack 8:30-9:30	Whole Wheat Toast (S,W) Turkey Sausage	Cinnamon Swirl Toast (S,W) Mixed Fruit	English Muffin with Jelly (S,W) Fresh Pears	Buttered Whole Wheat Toast (S,W) Pork Sausage Patty (CP)	No Dairy Banana Bread (W) Mixed Fruit
Lunch 11:00-12:30	Fresh Baked Potatoes with Diced Ham (CP) Steamed Carrots Fresh Pears	Whole Grain Breaded Chicken Nuggets (W,S) Smiley Potatoes with Ketchup Sliced Yellow Squash Fresh Gala Apples	Grilled Ham on Whole Wheat Bread (S,W, CP) Creamy Homemade Tomato Soup (Made with Water) (S,W) Fresh Sliced Oranges	Grilled Hamburger On Whole Wheat Bun (S,W) with Ketchup Baked Crinkle Cut Potatoes Steamed Peas Fresh Organic Apples	Whole Grain No Dairy Vegetable Pizza (W) Steamed Mixed Vegetables Lettuce Salad with Italian Dressing Fresh Bananas
Vegetarian Lunch					
PM Refreshments 3:00-3:30	Carrot & Celery Sticks with Hummus (S)	Teddy Grahams (S,W)	Graham Crackers (S,W)	Granny Smith Apples with Soy Butter (S)	Chicken Salad (E) on Wheat Crackers (S,W)



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CP

Early Discoveries Lake County's On-Site Childcare Center



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

No Dairy



Week 6

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Early Breakfast 7:00-8:00	No Dairy Banana Bread (W) Sliced Peaches	Cream of Wheat (W) Fresh Strawberries	Bran Flakes (W) Sliced Peaches & Pears	Whole Wheat Toast (S,W) Mandarin Oranges	Cinnamon Swirl Toast (S,W) Diced Pears
Late Breakfast/ AM Snack 8:30-9:30	English Muffin with Jelly (S,W) Fresh Pears	Turkey Sausage Fresh Apples	Raisin Toast (S,W) Mixed Fruit	Corn Flakes Cereal (S) Mixed Fruit	Rice Krispies Cereal Fresh Bananas
Lunch 11:00-12:30	Whole Grain Pasta Marinara w/ Kidney Beans (W) Breadstick (S,W) Steamed Peas Kidney Beans Fresh Orange Slices	Grilled Ham Sandwich on Whole Wheat Bread (S,W,CP) Lentil Soup (S,W) Mixed Fruit	Penne Rigate with Marinara Sauce (W) Cauliflower Vegetable Burger (E,S,W) Steamed Broccoli & Cauliflower Fresh Banana	Baked Ham (CP) Sweet Potato Puffs Steamed Peas & Carrots Pineapple Rings	Whole Grain Breaded Chicken Nuggets (W,S) BBQ Sauce Seasoned Potato Wedges (W) Steamed Spinach Organic Gala Apples
Vegetarian Lunch					
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)	Fresh Apples with Soy Butter (S)



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