

# Early Discoveries Lake County's On-Site Childcare Center

## Menu Dates

11/2 - 11/6  
12/14 - 12/18  
1/25 - 1/29  
3/8 - 3/12  
4/19 - 4/23

No Dairy

## Week 1



Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Early Breakfast</b> 7:00-8:00	Special K Cereal (W) Diced Peaches	Bagel with Jelly (E,S,W) Mixed Fruit	Cinnamon Swirl Toast (S,W) Diced Pears	Whole Wheat Buttered Toast (S,W) Diced Peaches & Pears	Bran Flakes Cereal (W) Mixed Fruit
<b>Late Breakfast/AM Snack</b> 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) Fresh Apples
<b>Lunch</b> 11:00-12:30	Fresh Baked Potatoes with Ham (CP) Brussels Sprouts Fresh Mixed Fruit	Whole Grain Pasta Tomato Mac w/ Beef (W) Whole Grain Wheat Roll (W) Steamed Cauliflower Fresh Sliced Oranges	Grilled Ham on Whole Wheat Bread (S,W, CP) Creamy Homemade Tomato Soup (Made with Water) (S,W) Fresh Apples	Grilled Hamburger on Whole Wheat Bun (S,W) and Ketchup. Baked Potato Rounds (S) Steamed Carrots Fresh Pears	Veggie Pizza (No Cheese) (W) Fresh Lettuce Salad with Italian Dressing Mixed Vegetables Fresh Bananas
<b>Vegetarian Lunch</b>					
<b>PM Refreshments</b> 3:00-3:30	Teddy Graham Crackers (S,W)	Organic Apples with Soy Butter Dip (S)	Fresh Sliced Cucumbers with Hummus (S)	Egg Salad (E) On Whole Wheat Crackers (W,S)	Animal Crackers (S,W)



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# Early Discoveries Lake County's On-Site Childcare Center

## Menu Dates

11/9 - 11/13  
12/21 - 12/25  
2/1 - 2/5  
3/15 - 3/19  
4/26 - 4/30

No Dairy

## Week 2



Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Early Breakfast</b> 7:00-8:00	Rice Krispies Diced Peaches	Raisin Bread (S,W) Applesauce	Cinnamon Swirl Toast (S,W) Diced Apples	Golden Grahams Cereal (W) Diced Tropical Fruit	No Dairy Banana Bread (W) Pineapple Tidbits
<b>Late Breakfast/ AM Snack</b> 8:30-9:30	Buttered Whole Wheat Toast with Jelly (S,W) Mixed Fruit	Turkey Sausage Diced Pears	Rice Krispies Cereal (S) Diced Peaches & Pears	English Muffin with Jelly (S,W) Fresh Apples	Pork Sausage Patty (CP) Mixed Fresh Fruit
<b>Lunch</b> 11:00-12:30	BBQ Pulled Pork on a Whole Wheat Bun (W,CP) Seasoned Potato Cubes (W) Steamed Diced Carrots Fresh Mixed Fruit	Fresh Baked Potato Chicken Fajita Strips Steamed Green Beans Fresh Banana	Homemade Chili Whole Wheat Roll (W) Steamed Broccoli Fresh Pears	Chicken Fajita Tri-Colored Baked Potato Medley Steamed Peas Fresh Banana	Whole Wheat Spaghetti (S,W) Kidney Beans Steamed Cauliflower Breadstick (S,W) Fresh Oranges
<b>Vegetarian Lunch</b>					
<b>PM Refreshments</b> 3:00-3:30	Fresh Hummus (S) on Pita Points (S,W)	Whole Grain Apple Bread Sticks (S,W)	Organic Apples with Soy Butter (S)	Carrot and Celery Sticks with Fresh Hummus (S)	Tuna Salad (E,F,S,W) on Whole Wheat Crackers (W,S)



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# Early Discoveries Lake County's On-Site Childcare Center



**Menu Dates**  
11/16 - 11/20  
12/28 - 1/1  
2/8 - 2/12  
3/22 - 3/26

**No Dairy**

**Week 3**



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Early Breakfast</b> 7:00-8:00	Rice Chex Cereal Diced Peaches	No Dairy Banana Bread (W) Mixed Fruit	Bagel with Jelly (E,S,W) Sliced Peaches & Pears	Cinnamon Swirl Toast (S,W) Mixed Fruit	Cinnamon Toast Crunch Cereal (S,W) Diced Peaches
<b>Late Breakfast/AM Snack</b> 8:30-9:30	English Muffin (S,W) Mixed Fruit	Corn Flakes Cereal (S) Diced Pears	Pork Sausage Patty (CP) Fresh Fruit	Rice Krispies Applesauce	Buttered Whole Wheat Toast (S,W) Turkey Sausage Fresh Pears
<b>Lunch</b> 11:00-12:30	Whole Grain Macaroni & Marinara with Chicken Fajita Strips (S,W) Breadstick (S,W) Steamed Broccoli Fresh Oranges	Grilled Beef Bites (non-Breaded) (S,W) with BBQ Sauce Seasoned Baked Potato Wedges (W) Steamed Cauliflower Tropical Fruit	Chicken Fajita Baked Potato Steamed Yellow & Green Beans Fresh Banana	Teriyaki Rice with Vegetables (S,W) Vegetable Pakoras Steamed Green Peas Fresh Apples	Veggie Pizza (No Cheese) (W) Steamed Mixed Vegetables Fresh Banana
<b>Vegetarian Lunch</b>					
<b>PM Refreshments</b> 3:00-3:30	Organic Apples with Soy Butter Dip (S)	Pita Points (S,W) with Salsa	Graham Crackers (S,W)	No Dairy Banana Bread (W)	Sliced Cucumbers and Roasted Red Pepper Hummus



# Early Discoveries Lake County's On-Site Childcare Center



**Menu Dates**  
11/23 - 11/27  
1/4 - 1/18  
2/15 - 2/19  
3/29 - 4/2

No Dairy

**Week 4**



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Early Breakfast</b> 7:00-8:00	No Dairy Banana Bread (W) Tropical Fruit Salad	Life Cereal (W) Diced Peaches	Cinnamon Swirl Toast (S,W) Diced Pears	Buttered Toast with Jelly (S,W) Applesauce	Bran Flakes Cereal (W) Diced Fruit Cocktail
<b>Late Breakfast/AM Snack</b> 8:30-9:30	Pork Sausage Patty (CP) Buttered Toast (S,W)	Whole Wheat Toast (S,W) Applesauce	Pork Sausage Patty (CP) Mixed Fruit	No Dairy Banana Bread (W) Mandarin Oranges	Turkey Sausage Patty Mixed Fruit
<b>Lunch</b> 11:00-12:30	Whole Wheat Spaghetti (S,W) Kidney Beans Steamed Cauliflower Breadstick (S,W) Diced Peaches & Pears	Grilled Ham on Whole Wheat Bread (S,W, CP) Creamy Homemade Tomato Soup (Made with Water) (S,W) Fresh Sliced Oranges	Chicken Fajita Baked Potato Steamed Corn Fresh Banana	Baked Potato with Ham (CP) Steamed Broccoli Fresh Mixed Fruit	Sloppy Joes Served on Whole Wheat Bun (W) Vegetarian Baked Beans Fresh Apples
<b>Vegetarian Lunch</b>					
<b>PM Refreshments</b> 3:00-3:30	Apples with Soy Butter Dip (S)	Chicken Salad (E) on Pita Points (S,W)	Whole Grain Apple Bread Sticks (S,W)	Egg Salad (E) & Pita Points (S,W)	Animal Crackers (S,W)



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# Early Discoveries Lake County's On-Site Childcare Center



**Menu Dates**  
11/30 - 12/4  
1/11 - 1/15  
2/22 - 2/26  
4/5 - 4/9

No Dairy

**Week 5**



**Monday**

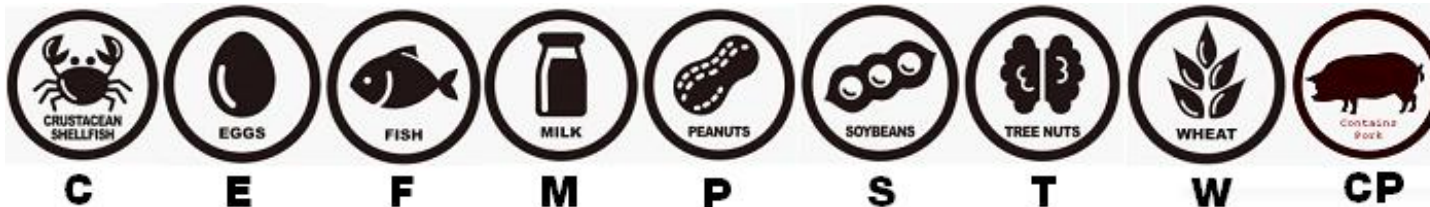
**Tuesday**

**Wednesday**

**Thursday**

**Friday**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Early Breakfast</b> 7:00-8:00	No Dairy Banana Bread (W) Mixed Fruit	Special K Cereal (W) Diced Peaches	Bagel with Jelly (E,S,W) Applesauce	Cinnamon Toast (S,W) Sliced Peaches	Corn Flakes Cereal (S) Diced Peaches
<b>Late Breakfast/ AM Snack</b> 8:30-9:30	Buttered Whole Wheat Toast (S,W) Turkey Sausage Patty	English Muffin with Jelly (S,W) Mixed Fruit	Turkey Sausage Fresh Fruit	Rice Krispies Cereal Mixed Fruit	Pork Sausage Patty (CP) Mixed Fruit
<b>Lunch</b> 11:00-12:30	Mostaccioli w/ Marinara Beef Sauce (W) Breadstick (S,W) Steamed Broccoli Seasonal Fruit	Chicken Fajita Strips Cosmic Fries & Ketchup Steamed Diced Carrots Organic Gala Apples	Grilled Ham Sandwich on Whole Wheat Bread (S,W,CP) Vegetable Soup Fresh Pears	Grilled Hamburger On Whole Wheat Bun (S,W) with Ketchup Baked Potato Rounds (S) Steamed Peas Fresh Organic Apples	Whole Grain No Dairy Vegetable Pizza (W) Mixed Vegetables Lettuce Salad with Italian Dressing Fresh Bananas
<b>Vegetarian Lunch</b>					
<b>PM Refreshments</b> 3:00-3:30	Organic Granny Smith Apples with Soy Butter Dip (S)	Carrot & Celery Sticks with Hummus (S)	Whole Grain Apple Bread Sticks (S,W)	Graham Crackers (S,W)	Chicken Salad (E) Whole Wheat Crackers (W,S)



# Early Discoveries Lake County's On-Site Childcare Center

## Menu Dates

12/7 - 12/11

1/18 - 1/22

3/1 - 3/5

4/12 - 4/16

No Dairy

## Week 6



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Early Breakfast</b> 7:00-8:00	No Dairy Banana Bread (W) Diced Peaches	Cinnamon Swirl Toast (S,W) Fruit Cocktail	Special K Cereal (W) Diced Peaches & Pears	No Dairy Banana Bread (W) Mandarin Oranges	Cinnamon Swirl Toast (S,W) Diced Pears
<b>Late Breakfast/ AM Snack</b> 8:30-9:30	English Muffin with Jelly (S,W) Fresh Pears	Buttered Whole Wheat Toast (S,W) Turkey Sausage	Raisin Toast (S,W) Mixed Fruit	Buttered Whole Wheat Toast (S,W) Turkey Sausage Patty	Rice Krispies Cereal Fresh Bananas
<b>Lunch</b> 11:00-12:30	Whole Grain Pasta Tomato Mac w/ Beef (W) Whole Grain Wheat Roll (W) Steamed Peas Fresh Orange Slices	Baked Potato Chicken Fajita Strips Steamed Broccoli Mixed Fruit	Penne Rigate with Marinara Sauce (W) Cauliflower Vegetable Burger (E,S,W) Steamed Green Beans Fresh Banana	Baked Ham (CP) Sweet Potato Puffs Steamed Peas & Carrots Pineapple Rings	Chicken Fajita Strips BBQ Sauce Crinkle Cut Fries (S) Steamed Cauliflower Organic Gala Apples
<b>Vegetarian Lunch</b>					
<b>PM Refreshments</b> 3:00-3:30	Teddy Graham Crackers (S,W)	Broccoli & Cauliflower with Italian Dressing	Egg Salad (E) on Whole Wheat Crackers (W,S)	Organic Apples with Soy Butter (S)	Hummus (S) with Pita Points (S,W)



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