

Early Discoveries Lake County's On-Site Childcare Center



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

Young Preschool
Preschool
K-Prep

Week 1



Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Early Breakfast 7:00-8:00	Whole Grain Cheerios Diced Peaches 1% Milk (M)	Buttered Whole Wheat Toast with Jelly (S,W) Mixed Fruit 1% Milk (M)	Whole Grain Oatmeal with Raisins Diced Pears 1% Milk (M)	French Toast Sticks with Syrup (S,W) Applesauce 1% Milk (M)	Bran Flakes Cereal (W) Mixed Fruit 1% Milk (M)
Late Breakfast/AM Snack 8:30-9:30	Sliced Banana Bread (E,M,S,W) Mandarin Oranges 1% Milk (M)	Scrambled Egg Patties (E,M) Tropical Fruit 1% Milk (M)	Oven Warm Biscuits (M,S,W) with Jelly Diced Peaches 1% Milk (M)	Egg Frittatas (E,M,CP) Fresh Bananas 1% Milk (M)	Pork Sausage Patty (CP) OR Veggie Sausage Patty (E,M,S,W) Oven Roasted Potatoes 1% Milk (M)
Lunch 11:00-12:30	Scalloped Potatoes with Diced Ham (M,S,CP) Brussels Sprouts Fresh Mixed Fruit 1% Milk (M)	Mini Beef Ravioli (M,S,W) Baked Cheddar Cheese Biscuits (M,S,W) Steamed Corn Fresh Sliced Oranges 1% Milk (M)	Grilled Cheese on Whole Wheat Bread (M,S,W) Creamy Homemade Tomato Soup (M,S,W) with Goldfish Crackers (M,W) Fresh Organic Apples 1% Milk (M)	Grilled Hamburger on Whole Wheat Bun with American Cheese (M,S,W) and Ketchup. Baked Potato Tots (S) Steamed Carrots Mixed Fruit 1% Milk (M)	Whole Grain Cheese Pizza (M,S,W) Mixed Vegetables Fresh Lettuce Salad with Italian Dressing Fresh Bananas 1% Milk (M)
Vegetarian Lunch	Scalloped Potatoes (M,S) Falafel Pucks (W)	Butternut Squash Ravioli (E,M,S,W) Baked Cheddar Biscuits (M,S,W)	Grilled Cheese on Whole Wheat Bread (M,S,W) Homemade Tomato Soup (M,S,W)	Baked Vegetarian Burger (E,M,S,W) on a Whole Wheat Bun (S,W) Potato Rounds (S)	Whole Grain Cheese Pizza (M,S,W) Mixed Vegetables Tossed Salad with Italian Dressing
PM Refreshments 3:00-3:30	Fresh Sliced Cucumbers with Hummus (S)	Egg Salad (E) on a Naan Bread (E,M,S,W)	Fruit Crunch Bar (M,S,W)	Fruit & Yogurt Parfait (M)	Animal Crackers (S,W)



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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

Young Preschool

Preschool

K-Prep



Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Early Breakfast 7:00-8:00	Rice Krispies Diced Peaches & Pears 1% Milk (M)	Whole Grain Pancakes with Syrup (E,M,S,W) Applesauce 1% Milk (M)	Golden Grahams Cereal (W) Fresh Strawberries 1% Milk (M)	Buttered Cinnamon Swirl Toast (S,W) Diced Pears 1% Milk (M)	Sliced Blueberry Bread (E,M,S,W) Pineapple Tidbits 1% 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 1% Milk (M)	Bagels (E,S,W) & Cream Cheese (M) Mixed Fruit 1% Milk (M)	Egg Patties (E,M) Pork Sausage Patty (CP) OR Veggie Sausage Patty (E,M,S,W) 1% Milk (M)	Yogurt (M) with Rice Krispies Cereal Peaches & Pears 1% Milk (M)	Egg Omelets (E,M) Fresh Organic Apples 1% Milk (M)
Lunch 11:00-12:30	BBQ Pulled Pork on a Whole Wheat Bun (W,CP) Seasoned Potato Cubes (W) Steamed Diced Carrots Fresh Sliced Oranges 1% Milk (M)	Au Gratin Potatoes (M,S) Chicken Fajita Strips Steamed Peas Fresh Mixed Fruit 1% Milk (M)	Homemade Chili Whole Wheat Roll with Butter (M,S,W) Steamed Broccoli Fresh Pears 1% Milk (M)	Chicken Strips Mashed Potatoes (M) & Gravy (E,M,S,W) Steamed Yellow & Green Beans Fresh Bananas 1% Milk (M)	Baked Fish Sticks (lightly breaded) (F,M,S,W) Tartar Sauce (E) Tri-Color Baked Potato Medley Steamed Peas Diced Fruit Cocktail 1% 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)	Tuna Salad (E,F,S) on a Wheat Crackers (S,W) Vegetarian-Cottage Cheese (M)	Apples with Soy Butter Dip (S)	Graham Crackers (S,W)	Fresh Sliced Cucumbers with Fresh Hummus (S)



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CP

Early Discoveries Lake County's On-Site Childcare Center



Menu Dates

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

Young Preschool

Preschool

K-Prep



Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Early Breakfast 7:00-8:00</p>	<p>Bagels (E,S,W) & Cream Cheese (M) Sliced Peaches & Pears 1% Milk (M)</p>	<p>Whole Grain Pancakes with Syrup (E,M,S,W) Applesauce 1% Milk (M)</p>	<p>Rice Chex Cereal Diced Peaches 1% Milk (M)</p>	<p>Oven Warm Biscuits with Jelly (M,S,W) Mixed Fruit 1% Milk (M)</p>	<p>Cinnamon Toast Crunch Cereal (S,W) Fresh Bananas 1% Milk (M)</p>
<p>Late Breakfast/ AM Snack 8:30-9:30</p>	<p>Scrambled Egg Patty (E,M) Pork Sausage Patty (CP) OR Veggie Sausage Patty (E,M,S,W) 1% Milk (M)</p>	<p>Yogurt Parfait (M) and Granola (S) Diced Pears 1% Milk (M)</p>	<p>English Muffin (S,W) w/ Jelly Mixed Fruit 1% Milk (M)</p>	<p>French Toast with Syrup (E,M,S,W) Applesauce 1% Milk (M)</p>	<p>Buttered Whole Wheat Toast (S,W) Turkey Sausage Patty OR Veggie Sausage Patty (E,M,S,W) Fresh Pears 1% Milk (M)</p>
<p>Lunch 11:00-12:30</p>	<p>Whole Grain Macaroni & Cheese with Chicken Strips (M,S,W) Cheese Breadstick (M,S,W) Steamed Broccoli Fresh Oranges 1% Milk (M)</p>	<p>Baked Homemade Meatloaf (E,M,S,W) Mashed Potatoes (M) & Gravy (E,M,S,W) Steamed Corn Fresh Apples 1% Milk (M)</p>	<p>Whole Grain Breaded Chicken Nuggets (W,S) with BBQ Sauce Seasoned Baked Potato Wedges (W) Steamed Cauliflower Tropical Fruit 1% Milk (M)</p>	<p>Pierogi (E,M,S,W) with Marinara Dipping Sauce Steamed Green Beans Fresh Bananas 1% Milk (M)</p>	<p>Whole Grain Cheese Pizza (M,S,W) Steamed Yellow Squash & Zucchini Fresh Organic Apples 1% Milk (M)</p>
<p>Vegetarian Lunch</p>	<p>Whole Grain Macaroni & Cheese with Veggie Crumbles (M,S,W) Cheese Breadstick (M,S,W)</p>	<p>Teriyaki Rice & Veggie Blend with Samosas (S,W)</p>	<p>Vegetarian Burger (E,M,S,W) Seasoned Baked Potato Wedges (W)</p>	<p>Pierogi (E,M,S,W) with Marinara Dipping Sauce</p>	<p>Whole Grain Cheese Pizza (M,S,W) Steamed Yellow Squash & Zucchini</p>
<p>PM Refreshments 3:00-3:30</p>	<p>Fresh Apple w/ Soy butter Dip (S)</p>	<p>Chicken Salad (E) on Pita Points (W) Vegetarian-Cottage Cheese (M)</p>	<p>Cheese On Whole Grain Crackers (M,S,W)</p>	<p>Sliced Cucumbers with Roasted Red Pepper Hummus (S)</p>	<p>Fruit Crunch Bar (M,S,W)</p>



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CP

Early Discoveries Lake County's On-Site Childcare Center



Menu Dates
9/27 - 10/1
11/8 - 11/12
12/12/0 - 12/24

Young Preschool
Preschool
K-Prep



Monday

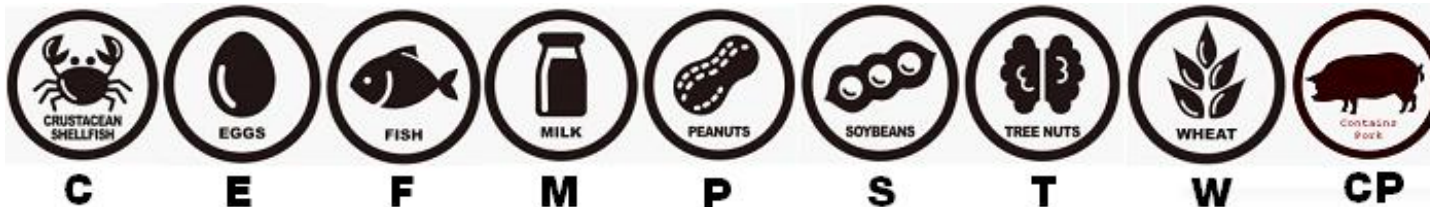
Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Early Breakfast 7:00-8:00	Apple Cinnamon Muffins (E,M,W) Tropical Fruit Salad 1% Milk (M)	French Toast Sticks with Syrup (S,W) Applesauce 1% Milk (M)	Rice Krispies Cereal Peaches & Pears 1% Milk (M)	Baked Whole Grain Pancakes with Syrup (E,M,S,W) Applesauce 1% Milk (M)	Bran Flake Cereal (W) Fruit Cocktail 1% 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) 1% Milk (M)	Scrambled Egg Patties (E,M) Diced Peaches 1% Milk (M)	Yogurt Parfait (M) Mixed Fresh Fruit 1% Milk (M)	Sliced Banana Bread (E,M,S,W) Mandarin Oranges 1% Milk (M)	Egg Patty (E,M) Turkey Sausage Patty OR Veggie Sausage Patty (E,M,S,W) 1% Milk (M)
Lunch 11:00-12:30	Whole Wheat Spaghetti with Meatballs (M,S,W) Steamed Cauliflower Cheese Breadstick (M,S,W) Fresh Oranges 1% Milk (M)	Grilled Ham & Cheese Sandwich on Whole Wheat Bread (M,S,W,CP) Vegetable Soup Oyster Crackers (M,S,W) Fresh Pears 1% Milk (M)	Roast Turkey Homemade Dressing (S,W) Turkey Gravy (M,S,W) Lima Beans Fresh Apples 1% Milk (M)	Sloppy Joes Served on Whole Wheat Bun (W) Vegetarian Baked Beans Fresh Bananas 1% Milk (M)	Chicken Strips Mashed Potatoes (M) with Gravy (E,M,S,W) Steamed Corn Fresh Organic Apples 1% 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)	Apples with Soy Butter Dip (S)	Homemade Egg Salad (E) & Pita Points (W)	Giant Cinnamon Goldfish Crackers (W)	Blueberry Muffin (E,M,S,W)



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

Young Preschool
Preschool
K-Prep



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 1% Milk (M)	Whole Grain Cheerios Diced Peaches 1% Milk (M)	Baked Whole Grain Pancakes with Syrup (E,M,S,W) Applesauce 1% Milk (M)	Cinnamon Toast (S,W) Sliced Peaches 1% Milk (M)	Life Cereal (W) Fresh Strawberries 1% 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) 1% Milk (M)	Yogurt Parfait (M) with Granola (S) 1% Milk (M)	English Muffin with Jelly (S,W) Fresh Pears 1% Milk (M)	Buttered Whole Wheat Toast (S,W) Pork Sausage Patty (CP) OR Veggie Sausage Patty (E,M,S,W) 1% Milk (M)	Egg Omelets (E,M) Mixed Fruit 1% Milk (M)
Lunch 11:00-12:30	Scalloped Potatoes with Diced Ham (M,S,CP) Diced Carrots Fresh Pears 1% Milk (M)	Whole Grain Breaded Chicken Nuggets (W,S) Smiley Potatoes with Ketchup Sliced Yellow Squash Fresh Gala Apples 1% Milk (M)	Grilled Cheese on Whole Wheat Bread (M,S,W) Creamy Homemade Tomato Soup (M,S,W) with Goldfish Crackers (M,W) Fresh Sliced Oranges 1% Milk (M)	Grilled Hamburger on Whole Wheat Bun with American cheese (M,S,W) and Ketchup Baked Crinkle Cut Potatoes Steamed Peas Fresh Organic Apples 1% Milk (M)	Whole Grain Cheese Pizza (M,S,W) Mixed Vegetables Fresh Lettuce Salad with Italian Dressing Fresh Bananas 1% 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	Carrot & Celery Sticks with Hummus (S) Young Preschool- Hummus(S) with Pita Points (W)	Teddy Grahams (S,W)	Fruit Crunch Bars (M,S,W)	Granny Smith Apples with Soy Butter Yogurt Dip (S,M)	Chicken Salad (E) on Wheat Crackers (S,W) Vegetarians-Cottage Cheese (M)



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CP

Early Discoveries Lake County's On-Site Childcare Center



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

Young Preschool
Preschool
K-Prep



Week 6

Monday

Tuesday

Wednesday

Thursday

Friday

Early Breakfast 7:00-8:00	Sliced Banana Bread (E,M,S,W) Diced Peaches 1% Milk (M)	Cream of Wheat (W) Fresh Strawberries 1% Milk (M)	Bran Flakes Cereal (W) Sliced Peaches & Pears 1% Milk (M)	Oven Warm Biscuits with Jelly (M,S,W) Mandarin Oranges 1% Milk (M)	Cinnamon Swirl Toast (S,W) Diced Pears 1% Milk (M)
Late Breakfast/AM Snack 8:30-9:30	English Muffin with Jelly (S,W) Fresh Pears 1% Milk (M)	Turkey Sausage Patty OR Veggie Sausage Patty (E,M,S,W) Fresh Apples 1% Milk (M)	French Toast Sticks with Syrup (S,W) Mixed Fruit 1% Milk (M)	Egg Patty (E,M) Wheat Toast (S,W) 1% Milk (M)	Yogurt (M) Rice Krispies Cereal Fresh Bananas 1% Milk (M)
Lunch 11:00-12:30	Beef Ravioli (E,M,S,W) Cheddar Cheese Biscuits (M,S,W) Steamed Peas Fresh Orange Slices 1% 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 1% Milk (M)	Meatballs with Beef Gravy Penne Rigate Pasta (E,M,S,W) Steamed Broccoli & Cauliflower Fresh Bananas 1% Milk (M)	Baked Ham (CP) Sweet Potato Puffs Steamed Peas & Carrots Pineapple Rings 1% Milk (M)	Whole Grain Breaded Chicken Nuggets (W,S) BBQ Sauce Seasoned Potato Wedges (W) Steamed Spinach Organic Gala Apples 1% 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 Bread (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)	Fresh Apples with Yogurt Dip (M)



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