

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

Young Preschool

Preschool

K-Prep

Week 1



Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Early Breakfast 7:00-8:00	Special K Cereal (W) Diced Peaches 1% Milk (M)	Nutri-grain Fruit Bars (M,S,W) Mixed Fruit 1% Milk (M)	Apple Cinnamon Muffins (E,M,W) Diced Pears 1% Milk (M)	French Toast Sticks with Syrup (S,W) Diced Peaches & Pears 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)	Yogurt Parfait (M) Fresh Bananas 1% Milk (M)	Pork Sausage Patty (CP) OR Veggie Sausage Patty (E,M,S,W) Fresh Apples 1% Milk (M)
Lunch 11:00-12:30	Scalloped Potatoes with Ham (M,S,CP) Brussels Sprouts Fresh Mixed Fruit 1% Milk (M)	Whole Grain Pasta Tomato Mac w/ Beef (W) Whole Grain Wheat Roll (W) Steamed Cauliflower Fresh Sliced Oranges 1% Milk (M)	Grilled Cheese on Whole Wheat Bread (M,S,W) Creamy Homemade Tomato Soup (M,S,W) with Gold Fish Crackers (M,W) Fresh Apples 1% Milk (M)	Grilled Hamburger on Whole Wheat Bun with American Cheese (M,S,W) and Ketchup. Baked Potato Rounds (S) Steamed Carrots Fresh Pears 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)	Whole Grain Tomato Mac & Chic Peas (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) Baked Potato Rounds (S)	Whole Grain Cheese Pizza (M,S,W) Mixed Vegetables Tossed Salad with Italian Dressing
PM Refreshments 3:00-3:30	Fruit Crunch Bars (M,S,W)	Organic Apples with Soy Butter Dip (S)	Fresh Sliced Cucumbers with Hummus (S)	Egg Salad (E) on Whole Wheat Crackers (W,S)	Goldfish Crackers (M,W)



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CP

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

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 Cereal Diced Peaches 1% Milk (M)	Whole Grain Pancakes with Syrup (E,M,S,W) Applesauce 1% Milk (M)	Cinnamon Swirl Toast (S,W) Diced Apples 1% Milk (M)	Golden Grahams Cereal (W) Diced Tropical Fruit 1% Milk (M)	Assorted Mini Muffins (E,M,S,W) Pineapple Tidbits 1% Milk (M)
Late Breakfast/AM Snack 8:30-9:30	Bagels (E,S,W) & Cream Cheese (M) Mixed Fruit 1% Milk (M)	Warm Biscuits (M,S,W) Turkey Sausage OR Veggie Sausage Patty (E,M,S,W) Diced Pears 1% Milk (M)	Yogurt (M) with Rice Krispies Cereal Diced Peaches & Pears 1% Milk (M)	Egg Omelets (E,M) Fresh Apples 1% Milk (M)	Pork Sausage Patty (CP) OR Veggie Sausage Patty (E,M,S,W) Mixed Fresh Fruit 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 Mixed Fruit 1% Milk (M)	Au Gratin Potatoes (M,S) Chicken Fajita Strips Steamed Green Beans Fresh Banana 1% Milk (M)	Homemade Chili Whole Wheat Roll with Butter (M,S,W) Steamed Broccoli Fresh Pears 1% Milk (M)	Baked Fish Sticks (lightly breaded) (F,M,S,W) Tartar Sauce (E) Tri-Color Baked Potato Medley Steamed Peas Fresh Banana 1% Milk (M)	Whole Wheat Spaghetti with Meatballs (M,S,W) Steamed Cauliflower Cheese Breadstick (M,S,W) Fresh Oranges 1% Milk (M)
Vegetarian Lunch	Vegetarian Burger (E,M,S,W) Seasoned Potato Cubes (W)	Au Gratin Potatoes (M,S) with Veggie Crumbles (S,W)	Vegetarian Chili Whole Wheat Roll with Butter (M,S,W)	Steamed Teriyaki Rice (S,W) Vegetables with Pakoras	Spaghetti Marinara with Kidney Beans (W) Cheese Bread Stick (M,S,W)
PM Refreshments 3:00-3:30	Hummus (S) with Pita Points (S,W)	Whole Grain Apple Bread Sticks (S,W)	Organic Apples with Soy Butter Dip (S)	Carrot and Celery Sticks with Fresh Hummus (S)	Tuna Salad (E,F,S,W) on Whole Wheat Crackers (W,S) Vegetarian-Cottage Cheese (M)



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CP

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

Young Preschool
Preschool
K-Prep



Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Early Breakfast 7:00-8:00	Rice Chex Cereal Diced Peaches 1% Milk (M)	Whole Grain Pancakes with Syrup (E,MS,W) Mixed Fruit 1% Milk (M)	Bagels (E,S,W) & Cream Cheese (M) Sliced Peaches & Pears 1% Milk (M)	Oven Warm Biscuits with Jelly (M,S,W) Mixed Fruit 1% Milk (M)	Cinnamon Toast Crunch Cereal (S,W) Diced Peaches 1% Milk (M)
Late Breakfast/AM Snack 8:30-9:30	English Muffin (S,W) Mixed Fruit 1% Milk (M)	Yogurt Parfait (M) and Granola (S) Diced Pears 1% Milk (M)	Scrambled Egg Patties (E,M) Pork Sausage Patty (CP) OR Veggie Sausage Patty (E,M,S,W) (No Egg - Fresh Fruit) 1% Milk (M)	French Toast with Syrup (E,M,S,W) Applesauce 1% Milk (M)	Buttered Whole Wheat Toast (S,W) Turkey Sausage Patty OR Veggie Sausage Patty (E,M,S,W) Fresh Pears 1% Milk (M)
Lunch 11:00-12:30	Whole Grain Macaroni & Cheese with Chicken Fajita Strips (M,S,W) Cheese Breadstick (M,S,W) Steamed Broccoli Fresh Oranges 1% Milk (M)	Grilled Beef Bites (non-Breaded) (S,W) with BBQ Sauce Seasoned Baked Potato Wedges (W) Steamed Cauliflower Tropical Fruit 1% Milk (M)	Chicken Fajita Strips (Non-Breaded) Mashed Potatoes (M) & Gravy (E,M,S,W) Steamed Yellow & Green Beans Fresh Bananas 1% Milk (M)	Pierogi (E,M,S,W) with Marinara Dipping Sauce Steamed Green Peas Fresh Apples 1% Milk (M)	Whole Grain Cheese Pizza (M,S,W) Mixed Vegetables Fresh Banana 1% 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 Mixed Vegetables
PM Refreshments 3:00-3:30	Organic Apples with Soy Butter Dip (S)	Chicken Salad on Pita Points (E,S,W) Vegetarian-Cottage Cheese (M)	Cheese & Whole Wheat Crackers (M,S,W)	Fruit Crunch Bars (M,S,W)	Sliced Cucumbers with 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

Young Preschool
Preschool
K-Prep



Monday

Tuesday

Wednesday

Thursday

Friday

Week 4

Early Breakfast 7:00-8:00	Nutri-grain Fruit Bars (M,S,W) Tropical Fruit 1% Milk (M)	Life Cereal (W) Diced Peaches 1% Milk (M)	Cinnamon Swirl Toast (S,W) Diced 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)	French Toast Sticks with Syrup (S,W) Applesauce 1% Milk (M)	Yogurt Parfait (M) 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) Diced Peaches and Pears 1% Milk (M)	Grilled Cheese on Whole Wheat Bread (M,S,W) Creamy Homemade Tomato Soup (M,S,W) with Gold Fish Crackers (M,W) Fresh Sliced Oranges 1% Milk (M)	Chicken Fajita Strips Mashed Potatoes (M) with Gravy (E,M,S,W) Steamed Corn Fresh Banana 1% Milk (M)	Scalloped Potatoes with Ham (M,S,CP) Steamed Broccoli Fresh Mixed Fruit 1% Milk (M)	Sloppy Joes Served on Whole Wheat Bun (W) Vegetarian Baked Beans Fresh Apples 1% Milk (M)
Vegetarian Lunch	Whole Wheat Spaghetti With Kidney Beans (W) Cheese Bread Stick (M,S,W)	Grilled Cheese (M,S,W) Tomato Soup (M,S,W) with Gold Fish Crackers (M,W)	Steamed Rice and Vegetables with Sweet Potato Vegetable Burger (S)	Scalloped Potatoes (M,S) Falafel Pucks (W)	Vegetarian Burger on Whole Wheat Bun (E,M,S,W) Vegetarian Baked Beans
PM Refreshments 3:00-3:30	Apples with Soy Butter Dip (S)	Chicken Salad (E) on Naan Bread (E,M,S,W)	Assorted Mini Muffin (E,M,S,W)	Egg Salad (E) & Pita Points (S,W)	Fruit Crunch Bars (M,S,W)



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CP

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

Young Preschool

Preschool

K-Prep



Week 5

Monday

Tuesday

Wednesday

Thursday

Friday

Early Breakfast 7:00-8:00	Sliced Blueberry Bread (E,M,S,W) Mixed Fruit 1% Milk (M)	Special K Cereal (W) Diced Peaches 1% Milk (M)	Baked Whole Grain Pancakes with Syrup (E,M,S,W) Applesauce 1% Milk (M)	Nutri-Grain Bars Sliced Peaches 1% Milk (M)	Corn Flakes Cereal (S) Diced Pears 1% Milk (M)
Late Breakfast/AM Snack 8:30-9:30	Buttered Whole Wheat Toast (S,W) Turkey Sausage Patty OR Veggie Sausage Patty (E,M,S,W) 1% Milk (M)	English Muffin with Jelly (S,W) Mixed Fruit 1% Milk (M)	Egg Patties (E,M) (No Egg/Vegetarian-Toast (S,W)) Turkey Sausage OR Veggie Sausage Patty (E,M,S,W) Fruit 1% Milk (M)	Yogurt Parfait (M) with Granola (S) 1% Milk (M)	Egg Omelets (E,M) Mixed Fruit 1% Milk (M)
Lunch 11:00-12:30	Mostaccioli w/ Marinara Beef Sauce (W) Cheese Breadstick (W,S,M) Steamed Broccoli Seasonal Fruit 1% Milk (M)	Chicken Nuggets (M,W) (Breaded w/ Cauliflower & Chick Peas) Cosmic Potatoes with Ranch Dip (E,M) & Ketchup Steamed Diced Carrots Organic Gala Apples 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)	Grilled Hamburger on Whole Wheat Bun with American cheese (M,S,W) and Ketchup Baked Potato Rounds (S) 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	Mostaccioli with Marinara Sauce and Veggie Sausage Crumbles (S,W)	Vegan Pakoras Teriyaki Rice (S,W) & Vegetables	Grilled Cheese (M,S,W) Vegetarian Soup	Grilled Garden Veggie Burger (E,M,S,W) Baked Potato Rounds (S)	Cheese Pizza (M,S,W) Mixed Vegetables
PM Refreshments 3:00-3:30	Organic Granny Smith Apples with Yogurt Dip (M)	Carrot & Celery Sticks with Hummus (S)	Whole Grain Apple Bread Sticks (S,W)	Goldfish Crackers (M,W)	Chicken Salad (E) on Whole Wheat Crackers (W,S)



C



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CP

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

Young Preschool

Preschool

K-Prep



Week 6

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Early Breakfast 7:00-8:00	Sliced Banana Bread (E,M,S,W) Diced Peaches 1% Milk (M)	Apple Cinnamon Muffins (E,M,W) Fruit Cocktail 1% Milk (M)	Special K Cereal (W) Diced Peaches & Pears 1% Milk (M)	Assorted Mini Muffin (E,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)	Egg Omelet (E,M) Turkey Sausage Patty OR Veggie Sausage Patty (E,M,S,W) 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	Whole Grain Pasta Tomato Mac w/ Beef (W) Whole Grain Wheat Roll (W) Steamed Peas Fresh Orange Slices 1% Milk (M)	Au Gratin Potatoes (M,S) Chicken Fajita Strips Steamed Broccoli Mixed Fruit 1% Milk (M)	Meatballs with Beef Gravy Penne Rigate Pasta (E,M,S,W) Steamed Green Beans Fresh Bananas 1% Milk (M)	Baked Ham (CP) Sweet Potato Puffs Steamed Peas & Carrots Pineapple Rings 1% Milk (M)	Chicken Nuggets (M,W) (Breaded w/ Cauliflower & Chick Peas) BBQ Sauce Crinkle Cut Fries (W) Steamed Cauliflower Organic Gala Apples 1% Milk (M)
Vegetarian Lunch	Whole Grain Tomato Mac & Chic Peas (W)	Au Gratin Potatoes (M,S) with Veggie Crumbles (S,W)	Penne Rigate Pasta with Marinara Sauce (W) Cauliflower Vegetable Burger (E,S,W)	Cheese Lasagna Roll-up (E,M,W)	Garden Veggie Burger (E,M,S,W) Baked Potato Wedges (W)
PM Refreshments 3:00-3:30	Fruit Crunch Bars (M,S,W)	Broccoli & Cauliflower with Ranch Dressing (E,M)	Egg Salad (E) on Whole Wheat Crackers (W,S)	Organic Apples with Soy Butter (S)	Hummus (S) with Pita Points (S,W)



C



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