

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

Preschool K-Prep Week 1





Monday

PARTNERSHIP FOR

Sliced Banana Bread

(E,M,S,W)

Mandarin Oranges

1% Milk (M)

Scalloped Potatoes with Ham

(M,S,CP)

Brussels Sprouts

Fresh Mixed Fruit

1% Milk (M)

Scalloped Potatoes (M,S)

Falafel Pucks (W)

Fruit Crunch Bars (M.S.W)

4/19 - 4/23

Thursday

Friday

Early Special K Cereal (W) Tuesday

Scrambled Egg Patties (E,M)

Tropical 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)

Whole Grain Tomato Mac

& Chic Peas (W)

Organic Apples with Soy Butter

Dip (S)

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Wednesday

Diced Pears

1% Milk (M)

Oven Warm Biscuits (M,S,W)

with Jelly

Diced Peaches

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 Cheese on

Whole Wheat Bread (M,S,W)

Homemade Tomato Soup

(M,S,W)

Fresh Sliced Cucumbers with

Hummus (S)

Mixed Fruit

1% Milk (M)

Pork Sausage Patty (CP)

Diced Peaches Breakfast

Nutri-grain Fruit Bars (M,S,W) Mixed Fruit 1% Milk (M)

Apple Cinnamon Muffins (E,M,W)

Early Discoveries

Young Preschool

French Toast Sticks with Svrup (S.W)

Diced Peaches & Pears

1% Milk (M)

Yogurt Parfait (M)

Fresh Bananas

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)

(W,S)

w

Bran Flakes Cereal (W)

7:00-8:00

Breakfast/

AM Snack

8:30-9:30

Lunch

11:00-12:30

Vegetarian

Lunch

PΜ

Refreshments

3:00-3:30

1% Milk (**M**) Late

> Baked Vegetarian Burger (E,M,S,W)on a Whole Wheat Bun (S.W) Tossed Salad with Italian Dressing Baked Potato Rounds (S) Egg Salad (E) on Whole Wheat Crackers

OR Veggie Sausage Patty (E,M,S,W)Fresh Apples 1% Milk (M) Whole Grain Cheese Pizza (M,S,W) Mixed Vegetables Fresh Lettuce Salad with Italian Dressina Fresh Bananas

1% Milk (M)

Whole Grain Cheese Pizza

(M,S,W)

Mixed Vegetables

Goldfish Crackers (M.W)



Lake County's On-Site Childcare Center PARTNERSHIP FOR 2/1 - 2/5 3/15 - 3/19

Menu Dates 11/9 - 11/13 12/21 -12/25

Early Discoveries

Preschool K-Prep

Young Preschool

Early Discoveries

Friday

Week 2 4/26- 4/30 Tuesday

Wednesday Cinnamon Swirl Toast (S.W)

Homemade Chili

Whole Wheat Roll with Butter

(M.S.W)

Steamed Broccoli

Fresh Pears

1% Milk (M)

Thursday

Pork Sausage Patty (CP)

OR Veggie Sausage Patty

(E,M,S,W)

Mixed Fresh Fruit

1% Milk (M)

Whole Wheat Spaghetti

with Meatballs (M.S.W)

Steamed Cauliflower

Cheese Breadstick (M,S,W)

Fresh Oranges

1% Milk (M)

Rice Krispies Cereal **Diced Peaches** 1% Milk (M)

BBQ Pulled Pork on a Whole

Wheat Bun (W.CP)

Seasoned Potato Cubes (W)

Steamed Diced Carrots

Fresh Mixed Fruit

1% Milk (**M**)

Monday

Whole Grain Pancakes with Syrup (E,M,S,W) **Applesauce** 1% Milk (M)

Warm Biscuits (M,S,W)

Turkey Sausage

OR Veggie Sausage Patty

(E,M,S,W)

Diced Pears

1% Milk (**M**)

Au Gratin Potatoes (M.S)

Chicken Faiita Strips

Steamed Green Beans

Fresh Banana

1% Milk (M)

Diced Apples 1% Milk (M)

Golden Grahams Cereal (W) **Diced Tropical Fruit** 1% Milk (M)

Egg Omelets (E,M)

Fresh Apples

1% Milk (M)

Baked Fish Sticks

(lightly breaded) (F,M,S,W)

Tartar Sauce (E)

Tri-Color Baked Potato

Medlev

Steamed Peas

Fresh Banana 1% Milk (M)

Assorted Mini Muffins (E,M,S,W) Pineapple Tidbits 1% Milk (**M**)

Bagels (E,S,W)

& Cream Cheese (M) Mixed Fruit 1% Milk (M)

Yogurt (M) with Rice Krispies Cereal **Diced Peaches & Pears** 1% Milk (M)

8:30-9:30

Early

Breakfast

7:00-8:00

Late

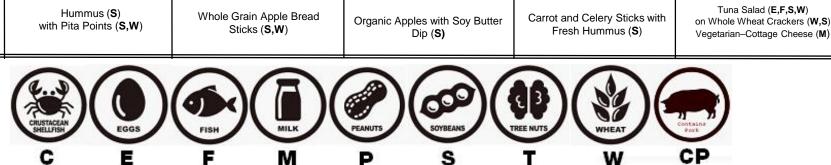
Breakfast/

AM Snack

Lunch

11:00-12:30

Spaghetti Marinara with Vegetarian Chili Vegetarian Au Gratin Potatoes (M,S) Steamed Teriyaki Rice (S,W) Kidney Beans (W) Whole Wheat Roll with Butter Vegetarian Burger (E,M,S,W) with Veggie Crumbles (S,W) Vegetables with Pakoras Cheese Bread Stick (M,S,W) Lunch (M,S,W)Seasoned Potato Cubes (W) PM Hummus (S) Whole Grain Apple Bread Carrot and Celery Sticks with Organic Apples with Soy Butter Refreshments with Pita Points (S,W) Sticks (S,W) Fresh Hummus (S) Dip (S) 3:00-3:30





Late

Breakfast/

AM Snack

8:30-9:30

Lunch

11:00-12:30

Vegetarian

Lunch

Early Discoveries Lake County's On-Site Childcare Center Menu Dates **Young Preschool**

11/16 - 11/20 12/28 - 1/1 2/8 - 2/12 3/22 - 3/26Tuesday

Preschool Week 3 Wednesday

Chicken Fajita Strips

(Non-Breaded)

Mashed Potatoes (M) & Gravy

(E.M.S.W)

Steamed Yellow & Green Beans





Diced Peaches

1% Milk (M)

Cinnamon Toast Crunch Cereal (S,W)

K-Prep Monday Bagels (E,S,W) Oven Warm Whole Grain Pancakes with Early Rice Chex Cereal & Cream Cheese (M) Biscuits with Jelly (M,S,W) Syrup (E,MS,W) **Breakfast Diced Peaches** Sliced Peaches & Pears Mixed Fruit Mixed Fruit 7:00-8:00

Yogurt Parfait (M) and

Granola (S)

Diced Pears

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)

Teriyaki Rice & Veggie Blend

with Samosas (S,W)

1% Milk (M) 1% Milk (M)

PARTNERSHIP FOR

English Muffin (S,W)

Mixed Fruit

1% Milk (M)

Whole Grain Macaroni &

Cheese with Chicken Faiita

Strips (M,S,W)

Cheese Breadstick (M,S,W)

Steamed Broccoli

Fresh Oranges

1% Milk (M)

Whole Grain Macaroni &

Cheese with Veggie Crumbles

(M,S,W)

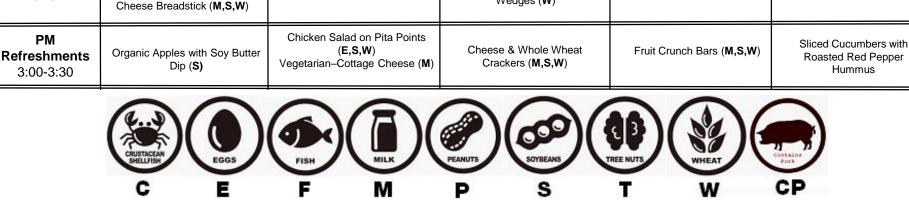
1% Milk (M) 1% Milk (M) Scrambled Egg Patties (E,M) French Toast with Syrup Pork Sausage Patty (CP) (E,M,S,W)OR Veggie Sausage Patty **Applesauce** (E,M,S,W)1% Milk (M) (No Egg – Fresh Fruit) 1% Milk (M)

Buttered Whole Wheat Toast (S.W) Turkey Sausage Patty OR Veggie Sausage Patty (E,M,S,W)Fresh Pears 1% Milk (M) Whole Grain Cheese Pizza (M,S,W)Mixed Vegetables Fresh Banana 1% Milk (**M**)

(M,S,W)

Pierogi (E,M,S,W) with Marinara Dipping Sauce Steamed Green Peas Fresh Apples 1% Milk (M) Whole Grain Cheese Pizza Pierogi (E,M,S,W) with Marinara Dipping Sauce Steamed Mixed Vegetables Fruit Crunch Bars (M,S,W)

Fresh Bananas 1% Milk (M) Vegetarian Burger (E,M,S,W) Seasoned Baked Potato Wedges (W) Crackers (M,S,W)





Lake County's On-Site Childcare Center PARTNERSHIP FOR

Menu Dates 11/23 - 11/27 1/4 - 1/18

Creamy Homemade Tomato

Soup (M,S,W)

with Gold Fish Crackers (M,W)

Fresh Sliced Oranges 1% Milk (M)

Grilled Cheese (M,S,W)

Tomato Soup (M,S,W)

with Gold Fish Crackers (M,W)

Chicken Salad (E) on

Naan Bread (E,M,S,W)

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Preschool K-Prep

Yogurt Parfait (M)

Fresh Fruit

1% Milk (M)

Chicken Faiita Strips

Mashed Potatoes (M)

with Gravy (E,M,S,W)

Steamed Corn

Fresh Banana

1% Milk (**M**)

Steamed Rice and Vegetables

with Sweet Potato Vegetable

Burger (S)

Assorted Mini Muffin (E,M,S,W)

Thursday

1% Milk (M)

Sliced Banana

Bread (E,M,S,W)

Mandarin Oranges

1% Milk (M)

Scalloped Potatoes with Ham

(M,S,CP)

Steamed Broccoli

Fresh Mixed Fruit

1% Milk (M)

Scalloped Potatoes (M,S)

Falafel Pucks (W)

Egg Salad (E)

& Pita Points (S.W)

w

Friday

Fruit Cocktail

1% Milk (M)

Egg Patty (E,M)

Turkey Sausage Patty

OR Veggie Sausage Patty

(E,M,S,W)

1% Milk (M)

Sloppy Joes Served

on Whole Wheat Bun (W)

Vegetarian Baked Beans

Fresh Apples

1% Milk (**M**)

Vegetarian Burger on Whole

Wheat Bun (E,M,S,W)

Vegetarian Baked Beans

Fruit Crunch Bars (M,S,W)

2/15 - 2/19 Week 4 Early Discoveries 3/29 - 4/2Tuesday Wednesday **Baked Whole Grain Pancakes** Bran Flake Cereal (W) Cinnamon Swirl Toast (S,W) with Syrup (E,M,S,W) **Diced Pears Applesauce**

Young Preschool

Early **Breakfast** 7:00-8:00

Late

Breakfast/

AM Snack

8:30-9:30

Lunch

11:00-12:30

Vegetarian

Lunch

PΜ

Refreshments

3:00-3:30

Nutri-grain Fruit Bars (M,S,W) Tropical Fruit 1% Milk (M)

Pork Sausage Patty (CP)

Steamed Cauliflower

Cheese Breadstick (M,S,W)

Diced Peaches and Pears

1% Milk (M)

Whole Wheat Spaghetti

With Kidney Beans (W)

Cheese Bread Stick (M,S,W)

Apples with Soy Butter Dip (S)

Monday

Life Cereal (W) **Diced Peaches** 1% Milk (M)

1% Milk (M)

Early Discoveries

French Toast Sticks with Syrup OR Veggie Sausage Patty (S,W) (E,M,S,W)Applesauce Buttered Toast (S,W) 1% Milk (M) 1% Milk (**M**) Whole Wheat Spaghetti Grilled Cheese on Whole with Meatballs (M,S,W) Wheat Bread (M,S,W)



Early Discoveries Lake County's On-Site Childcare Center Menu Dates **Young Preschool**

11/30 - 12/4 **Preschool** 1/11 - 1/15

Early Discoveries

K-Prep

Friday

2/22 - 2/26 4/5 - 4/9Tuesday

Week 5 Wednesday **Thursday**

Monday Sliced Blueberry Bread (E.M.S.W)

Special K Cereal (W)

Egg Patties (E,M)

(No Egg/Vegetarian-Toast (S,W))

Turkey Sausage

OR Veggie Sausage Patty

(E,M,S,W)

Fruit

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 Cheese (M,S,W)

Vegetarian Soup

Diced Pears

1% Milk (M)

Egg Omelets (E,M)

Mixed Fruit

1% Milk (M)

Early Breakfast

PARTNERSHIP FOR

Corn Flakes Cereal (S)

7:00-8:00

Mixed Fruit 1% Milk (M) **Buttered Whole Wheat Toast**

(S,W)

Turkey Sausage Patty

OR Veggie Sausage Patty

(E,M,S,W)

Mostaccioli with

Marinara Sauce and

Veggie Sausage

Crumbles (S,W)

Diced Peaches 1% Milk (M)

English Muffin with Jelly (S,W)

Mixed 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)

Vegan Pakoras

Teriyaki Rice (S,W) &

Vegetables

Baked Whole Grain Pancakes with Syrup (E,M,S,W) **Applesauce** 1% Milk (M)

Nutri-Grain Bars Sliced Peaches 1% Milk (M)

Yogurt Parfait (M) with

Granola (S)

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)



Vegetarian

Lunch

PM

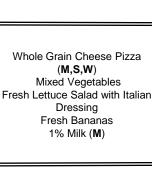
3:00-3:30



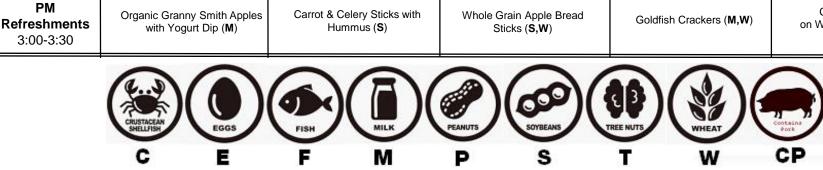
1% Milk (M) Mostaccioli w/ Marinara Beef Sauce (W) Lunch Cheese Breadstick (W,S,M) Steamed Broccoli 11:00-12:30 Seasonal Fruit 1% Milk (M)

Grilled Garden Veggie Burger





Cheese Pizza (M,S,W) Mixed Vegetables Chicken Salad (E) on Whole Wheat Crackers (W,S)





Lake County's On-Site Childcare Center Menu Dates

12/7 - 12/11 1/18 - 1/22 3/1 - 3/5

Young Preschool Preschool





Monday

PARTNERSHIP FOR

4/12 - 4/16Tuesday

K-Prep Week 6 Wednesday

Thursday

Friday

Sliced Banana Bread (E,M,S,W)

(E,M,W)

Special K Cereal (W)

French Toast Sticks with Syrup

(S,W)

Mixed Fruit

1% Milk (M)

Meatballs with Beef Gravy

Penne Rigate Pasta (E,M,S,W)

Steamed Green Beans

1% Milk (M)

Yogurt (**M**)

Rice Krispies Cereal

Fresh Bananas

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)

Early **Diced Peaches** Apple Cinnamon Muffins Fruit Cocktail

Diced Peaches & Pears

Cinnamon Swirl Toast (S.W) Diced Pears

Breakfast 7:00-8:00

Lunch

11:00-12:30

Vegetarian

Lunch

PΜ

Refreshments

3:00-3:30

1% Milk (M)

Egg Omelet (E,M)

(E,M,S,W)

1% Milk (**M**)

Au Gratin Potatoes (M.S)

Chicken Faiita Strips

Steamed Broccoli

Mixed Fruit

1% Milk (M)

Au Gratin Potatoes (M,S)

with Veggie Crumbles (S,W)

Broccoli & Cauliflower with

Ranch Dressing (E,M)

1% Milk (**M**)

Early Discoveries

Assorted Mini Muffin (E,M,S,W)Mandarin Oranges 1% Milk (M)

Egg Patty (E,M)

Wheat Toast (S.W)

1% Milk (**M**)

Baked Ham (CP)

Sweet Potato Puffs

Steamed Peas & Carrots

Pineapple Rings

1% Milk (**M**)

Cheese Lasagna

Roll- up (E,M,W)

1% Milk (M)

Late Breakfast/

English Muffin with Jelly (S,W) Fresh Pears AM Snack 1% Milk (M) 8:30-9:30

Turkey Sausage Patty OR Veggie Sausage Patty

Whole Grain Pasta Tomato

Mac w/ Beef (W)

Whole Grain Wheat Roll (W)

Steamed Peas

Fresh Orange Slices

1% Milk (M)

Whole Grain Tomato Mac

& Chic Peas (W)

Fruit Crunch Bars (M,S,W)

EGGS

Fresh Bananas 1% Milk (M) Penne Rigate Pasta with Marinara Sauce (W)

Cauliflower Vegetable Burger

(E.S.W)

Egg Salad (E)

on Whole Wheat Crackers

(W,S)



