

7:00-8:00

Late

Breakfast/

AM Snack

8:30-9:30

Lunch

11:00-12:30

Vegetarian

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

Menu Dates 9/1 - 9/5

Early Discoveries

**Friday** 

Whole Milk (M)

Pork Sausage Patty (CP)

OR Veggie Sausage Patty

(E,M,S,W)

Oven Roasted Potatoes (M)

Whole Milk (M)

Whole Grain Cheese Pizza

(M,S,W)

Mixed Vegetables

Fresh Bananas

Whole Milk (M)

Whole Grain Cheese Pizza

(M,S,W)

Mixed Vegetables

PARTNERSHIP FOR HEALTHIE **Infants** 10/13 - 10/17 **Toddlers** 11/24 - 11/28 Week 1 Tuesday Wednesday

Monday Corn Flakes Cereal (S) Early Breakfast

Whole Wheat Toast with Jelly

Whole Grain Oatmeal

Buttermilk Biscuits (M,S,W)

with Jelly

**Diced Peaches** 

Whole Milk (M)

Grilled Cheese on

Whole Wheat Bread

(M,S,W,SE)

Creamy Homemade Tomato

Soup (M,S,W)

with Oyster Crackers (W,S)

**Diced Apples** 

Whole Milk (M)

Grilled Cheese on

Whole Wheat Bread

(M,S,W,SE)

Homemade Tomato Soup

(M.S.W)

Egg Salad (E)

on Whole Wheat Crackers

(S,W)

**Thursday** French Toast Sticks with Syrup (E,M,W,S) Applesauce Whole Milk (M)

Scrambled Egg Patty (E,M)

Diced Honeydew &

Cantaloupe

Whole Milk (M)

Vegetable Egg Rolls

(E,S,W,SE)

Sweet & Sour Sauce

Fried Rice

Steamed Broccoli &

Cauliflower

Mixed Fruit

Whole Milk (M)

Vegetable Egg Rolls

(E,S,W,SE)

Fried Rice

Fruit & Yogurt Parfait (M)

w

Rice Krispies Cereal Mixed Fruit

**Diced Peaches** Whole Milk (M)

Sliced Banana Bread

(E,M,S,W)

Mandarin Oranges

Whole Milk (M)

Whole Grain Breaded Chicken

Nuggets (S,W) w BBQ Sauce

Seasoned Potato Wedges (W)

Steamed Green Beans

**Diced Pears** 

Whole Milk (M)

Plant Based Chicken Nuggets

(S,W)

(S,W,SE) Diced Mixed Fruit Whole Milk (M)

Egg Omelets (E,M)

Diced Tropical Fruit Salad

Whole Milk (M)

Mini Beef Ravioli (M.S.W)

Baked Cheddar Cheese

Biscuits (M,S,W)

Steamed Diced Carrots

Diced Peaches and Pears

Whole Milk (M)

Cheese Ravioli (E,M,S,W)

**Baked Cheddar Biscuits** 

(M,S,W)

Turkey & Cheese (M,S)

On Tortilla Wrap (W)

Vegetarian - Cottage Cheese

М

**Diced Pears** Whole Milk (M)







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

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

9/8 - 9/12 10/20 -10/24 12/1 - 12/5

Whole Grain Pancakes with

Syrup (E,M,S,W)

Applesauce

Whole Milk (M)

Whole Wheat Toast with Jelly

(S,W,SE)

Mixed Fruit

Whole Milk (M)

Baked Whole Grain Breaded

Chicken Nuggets (S,W)

W/ Ketchup

Tri-Cut Baked Potato Medley

Steamed Cauliflower

Diced Fruit Cocktail

Whole Milk (M)

Plant Based Vegetarian

Chicken Nuggets (S,W)

Tri-Cut Baked Potato Medley

Chicken Salad (W,E)

On Saltine Crackers (W,S)

Vegetarian-Cottage Cheese (M)

М

PARTNERSHIP FOR

Monday

Rice Krispies

Diced Peaches & Pears

Whole Milk (M)

Turkey Sausage

OR Veggie Sausage Patty

(E,M,S,W)

**Diced Tropical Fruit** 

Whole Milk (M)

BBQ Pulled Pork on a Whole

Wheat Bun (W.CP.SE)

Seasoned Potato Cubes (W)

Steamed Diced Carrots

**Diced Apples** 

Whole Milk (M)

Vegetarian Burger on a Bun

(S,W,SE)

Seasoned Potato Cubes (W)

Fresh Hummus (S,SE)

on Pita Points (W)

Week 2 **Tuesday** 

Infants **Toddlers** 





**Diced Pears** 

Whole Milk (M)

Yogurt (M) with

Rice Krispies Cereal

**Diced Peaches & Pears** 

Whole Milk (M)

Au Gratin Potatoes w/ Diced

Ham (M.S.CP)

Steamed California Blend

Fresh Diced Honeydew &

Cantaloupe

Whole Milk (M)

Au Gratin Potatoes (M,S)

with Veggie Crumbles (S,W)

Jelly Sandwiches on

Wheat Bread (W,SE)

w

**Thursday** 

**Friday** (E.M.S.W)

Diced Mixed Fruit

Whole Milk (M)

Egg Omelets (E,M)

Diced Apples

Whole Milk (M)

Diced Chicken

Mashed Potatoes (M)

& Gravy (M,S,W)

Steamed Yellow & Green Beans

Fresh Bananas

Whole Milk (M)

Roast Beet & Chickpea

Veggie Burger (S,SE)

with Mashed Potatoes (M)

Animal Crackers (S,W)

Mixed Fruit

SE

Sliced Blueberry Bread

Cinnamon Swirl Toast (S,W)

Wednesday Corn Flakes Cereal (S)

Fresh Strawberries

Whole Milk (M)

Egg Patties (E,M)

Pork Sausage Patty (CP)

OR Veggie Sausage Patty

(E,M,S,W)

(No Egg/Vegetarian- Fruit)

Whole Milk (M)

Homemade Chili

Whole Wheat Roll (W)

with Butter (M,S)

Steamed Broccoli

**Diced Pears** 

Whole Milk (M)

Vegetarian Chili

Whole Wheat Roll with Butter

(M,S,W)

Banana & Yogurt Dip (M)



Late

Breakfast/

AM Snack

8:30-9:30

Lunch

11:00-12:30

Vegetarian

Lunch

PM

Refreshments

3:00-3:30

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

Menu Dates 9/15 - 9/19 12/8 - 12/12





**Friday** 

**Diced Fruit Cocktail** 

Whole Milk (M)

Wheat Toast (S,W,SE)

Turkey Sausage Patty

OR Veggie Sausage Patty

(E.M.S.W)

Whole Milk (M)

Grilled Hamburger

on Whole Wheat Bun with

American Cheese (M.S.W.SE)

and Ketchup.

**Baked Potato Rounds** 

Steamed Diced Carrots

**Diced Apples** 

Whole Milk (M)

Baked Vegetarian Burger

(S,W)

on a Whole Wheat Bun

(S,W,SE)

**Baked Potato Rounds** 

Turkey & Cheese (M,S)

on a Bun (S,W)

SE

PARTNERSHIP FOR **Infants** 10/27 - 10/31 **Toddlers** Week 3 Tuesday Wednesday

Monday Oven Warm Early Biscuits with Jelly (M,S,W) **Diced Peaches & Pears** 

Whole Grain Pancakes with

Egg Patty (E,M)

Mixed Fruit

Whole Milk (M)

Baked Whole Grain Breaded

Chicken Nuggets (S,W)

with BBQ Sauce

Seasoned Baked Potato

Wedges (W)

Steamed Cauliflower

**Diced Tropical Fruit** 

Whole Milk (M)

Plant Based Vegetarian

Chicken Nuggets (S,W)

Seasoned Baked Potato

Wedges (W)

Cheese (M,S) on Saltine

Crackers (S,W)

Apple Cinnamon Muffins

(W.E.M)

Mixed Fruit

Whole Milk (M)

French Toast Sticks with

Syrup (E,M,S,W)

**Applesauce** 

Whole Milk (M)

Pierogi (E,M,S,W)

with Marinara Dipping Sauce

Steamed Green Beans

Diced Honeydew &

Cantaloupe

Whole Milk (M)

Pierogi (E,M,S,W)

with Marinara Dipping Sauce

Naan Bread (E.M.S.W.SE)

with Roasted Red Pepper

Hummus (S,SE)

w

Rice Krispies Cereal

Whole Milk (M)

Corn Flakes Cereal (S) **Diced Peaches** 

Whole Milk (M)

Whole Grain Cheerios

Diced Fruit Cocktail

Whole Milk (M)

Whole Grain Macaroni &

Cheese with Chicken Fajita

Strips (M,S,W,E)

Cheese Breadstick (M,S,W)

Steamed Broccoli

Mandarin Oranges

Whole Milk (M)

Whole Grain Macaroni &

Cheese with Veggie Crumbles

(M,S,W,E)

Cheese Breadstick (M,S,W)

Pita Points (W)

with Guacamole

Syrup (E,M,S,W) Applesauce Whole Milk (M)

Sliced Blueberry Bread

(E,M,S,W)

**Diced Pears** 

Whole Milk (M)

**Baked Homemade Meatloaf** 

(E,M,S,W)

Mashed Potatoes(M)

& Gravv (M.S.W)

Steamed Carrots

**Diced Apples** 

Whole Milk (M)

Teriyaki Rice & Veggie Blend

with Samosas (S,W)

Banana & Jelly Tortilla Roll Up

(W)

М

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



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

9/22 - 9/26 Infants

Early Discoveries



Monday

PARTNERSHIP FOR

11/3 - 11/7 12/15 - 12/19 **Tuesday** 

Week 4

**Toddlers** 

French Toast Sticks with Syrup Apple Cinnamon Muffins

Wednesday

**Thursday** 

**Friday** 

Early (E,M,W)Breakfast 7:00-8:00

(E,M,W,S)**Applesauce** 

Whole Grain Cheerios Diced Peaches & Pears Whole Grain Pancakes

Corn Flakes Cereal (S) Whole Milk (M)

Diced Tropical Fruit Salad Whole Milk (M) Turkey Sausage Patty Late OR Veggie Sausage Patty Breakfast/ (E,M,S,W)

Whole Milk (M)

Whole Milk (M) Whole Grain Toast w/ Jelly (W,S,SE)

**Diced Chicken Breast** 

(non-breaded)

Mashed Potatoes (M)

with Gravy (M,S,W)

Steamed Broccoli

**Diced Apples** 

Whole Milk (M)

with Syrup (**E,M,S,W**) Fresh Sliced Strawberries Whole Milk (M) Sliced Banana

Sloppy Joes Served

on Whole Wheat Bun (W,SE)

Vegetarian Baked Beans

Fresh Bananas

Whole Milk (M)

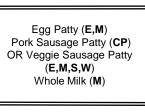


**Buttered Wheat Toast** AM Snack 8:30-9:30

Scrambled Eggs (E,M) **Diced Peaches** Whole Milk (M)

Mixed Fruit Whole Milk (M)

Bread (E,M,S,W) Mandarin Oranges Whole Milk (M)



Lunch

(S,W,SE)Whole Milk (M) Whole Wheat Spaghetti Grilled Ham & Cheese with Meatballs (M,S,W,E) Sandwich on Whole Wheat Steamed Cauliflower Bread (M,S,W,CP,SE) Cheese Breadstick (M.S.W) Vegetable Soup Mandarin Oranges with Oyster Crackers (W,S)



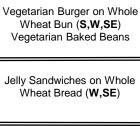
11:00-12:30 Vegetarian

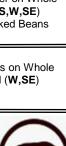
Lunch

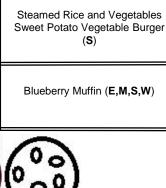
PΜ

Spaghetti Marinara with Grilled Cheese (M,S,W,SE) Plant Based Meatballs (S.W.E) Vegetarian Soup Cheese Bread Stick (M,S,W)

Vegan Samosas with Mango Chutney Egg Salad (E)











Whole Milk (M)





М

**Diced Pears** 

Whole Milk (M)

















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

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

9/29 - 10/311/10 - 11/14 12/22 - 12/26

**Baked Whole Grain Pancakes** 

with Syrup (E,M,S,W)

**Diced Tropical Fruit** 

Whole Milk (M)

Yogurt Parfait (M) with

Rice Krispies Cereal

Whole Milk (M)

Baked Whole Grain Breaded

Chicken Nuggets (S,W)

Cosmic Potatoes with

Ranch Dip (E,M) & Ketchup

Sliced Yellow Squash

Diced Apples

Whole Milk (M)

Vegan Pakoras

Teriyaki Rice (S,W) &

Vegetables

Pita Points (W)

& Sliced Turkey

Vegetarians- Sliced Cheese

(M,S)

М

PARTNERSHIP FOR A

Monday

Sliced Blueberry Bread

(E.M.S.W)

Mixed Fruit

Whole Milk (M)

Egg Patties (E,M)

Pork Sausage Patty (CP)

OR Veggie Sausage Patty

(E,M,S,W)

Whole Milk (M)

Beef Tacos (W)

Flour Tortilla (W)

with Fresh Lettuce, Diced

Tomato, Grated Cheese (M)

Sour Cream (M) & Salsa

Steamed Carrots

**Diced Pears** 

Whole Milk (M)

Cheese Taco

with Refried Beans, Lettuce,

Tomato (M,W)

Naan Bread (E,M,S,W,SE)

with Hummus (S,SE)

Week 5 Tuesday

**Toddlers** Wednesday

Diced Peaches

Whole Milk (M)

Whole Wheat Toast with Jelly

(S,W,SE)

**Diced Pears** 

Whole Milk (M)

Grilled Cheese on Whole

Wheat Bread (M,S,W,SE)

Creamy Homemade Tomato

Soup (M,S,W)

with Oyster Crackers (W,S)

Mandarin Oranges

Whole Milk (M)

Grilled Cheese (M,S,W,SE)

Tomato Soup (M,S,W)

with Oyster Crackers (W,S)

Fruit Crunch Bar (M,W)

Mixed Fruit





**Friday** 

Infants

Whole Grain Cheerios

Corn Flakes Cereal (S) Fresh Strawberries Whole Milk (M)

Turkey Sausage Patty

OR Veggie Sausage Patty

(E,M,S,W)

Diced Fruit Cocktail

Whole Milk (M)

Whole Grain Cheese Pizza

(M,S,W)

Mixed Vegetables

Fresh Bananas

Whole Milk (M)

Cheese Pizza (M,S,W)

Mixed Vegetables

Pita Points (W)

w/ Avocado Dip

SE

Whole Milk (M)

**Thursday** Cinnamon Swirl Toast (S,W) **Diced Peaches** 

Egg Omelets (**E,M**)

Mixed Fruit

Whole Milk (M)

Jamaican Red Beans & Rice

Diced Chicken

Steamed Normandy Blend

Vegetables

**Diced Apples** 

Whole Milk (M)

Jamaican Red Beans & Rice

Steamed Normandy Blend

Vegetables

Chicken Salad (W,E)

On Saltine Crackers (S,W)

w



Early

**Breakfast** 

7:00-8:00

Late

Vegetarian

Lunch

PΜ

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

10/6 - 10/10 11/17 - 11/21 12/29 - 1/2

Week 6

Infants **Toddlers** 

**Friday** 

Cinnamon Swirl Toast (S.W) **Diced Pears** 

Egg Patty (E,M)

Wheat Toast (S,W,SE)

Whole Milk (M)

Baked Whole Grain Breaded

Chicken Nuggets (S,W)

**BBQ Sauce** 

Crinkle Cut Potatoes

Steamed Green & Yellow Beans

**Diced Apples** 

Whole Milk (M)

Plant Based Vegetarian Chicken

Nuggets (S,W)

Monday Cream of Wheat (W) Diced Peaches Whole Milk (M)

PARTNERSHIP FOR

Tuesday Sliced Banana Bread (E.M.S.W)

Wednesday Whole Grain Cheerios Diced Peaches & Pears

Early Discoveries **Thursday** Oven Warm Biscuits w/ Jelly (M,S,W)

Mixed Fruit

Whole Milk (M)

Yogurt (M)

Rice Krispies Cereal

**Diced Tropical Fruit** 

Whole Milk (M)

Baked Ham (CP)

Sweet Potato Puffs

Steamed Malibu Blend

Vegetables

Crushed Pineapple

Whole Milk (M)

Whole Milk (M)

Toast with Jelly (S,W,SE) **Diced Pears** Whole Milk (M)

Fresh Strawberries Whole Milk (M) Egg Patty (E,M) Turkey Sausage Patty OR Veggie Sausage Patty (E.M.S.W)

Whole Milk (M)

(M,S,W,CP)

Fresh Lettuce.

Mustard

Mixed Fruit Whole Milk (M)

(M,S,W)

Vegetable Pakoras

Black Bean Soup

Whole Milk (M) French Toast Sticks with Syrup (E.M.W.S) Mixed Fruit

Whole Milk (M)

Bean & Cheese Burrito

(W,S,M)

Spanish Rice

Salsa & Sour Cream (M)

Steamed Broccoli

Fresh Banana

Whole Milk (M)

Breakfast/

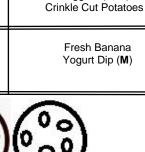
AM Snack 8:30-9:30 Make Your Own Sub Sandwich (Ham, Turkey, Cheese) Beef Ravioli (E,M,S,W) Cheddar Cheese Biscuits (M,S,W)Lunch Fresh Tomatoes, Mayo (E) & Steamed Cauliflower 11:00-12:30 Mandarin Oranges Homemade Creamy Chicken & Whole Milk (M)

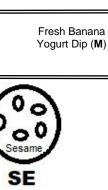
Rice Soup (M,S,W) with Oyster Crackers (W,S) Make Your Own Sub Sandwich

Bean & Cheese Burrito (W,S,M)Spanish Rice

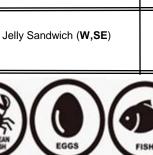
Egg Salad (E)

Cheese Lasagna Roll- up (E,M,W) Hummus (S,SE) with Pita Points (W)









Cheese Ravioli (E.M.S.W)

Cheddar Biscuits (M,S,W)





