

Early Discoveries Lake County's On-Site Childcare Center



Menu Dates

9/1 - 9/5
10/13 - 10/17
11/24 - 11/28

Week 1

**Infants
Toddlers**



Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Early Breakfast 7:00-8:00	Corn Flakes Cereal (S) Diced Peaches Whole Milk (M)	Whole Wheat Toast with Jelly (S,W,SE) Diced Mixed Fruit Whole Milk (M)	Whole Grain Oatmeal Diced Peaches Whole Milk (M)	French Toast Sticks with Syrup (E,M,W,S) Applesauce Whole Milk (M)	Rice Krispies Cereal Mixed Fruit Whole Milk (M)
Late Breakfast/ AM Snack 8:30-9:30	Sliced Banana Bread (E,M,S,W) Mandarin Oranges Whole Milk (M)	Egg Omelets (E,M) Diced Tropical Fruit Salad Whole Milk (M)	Buttermilk Biscuits (M,S,W) with Jelly Diced Peaches Whole Milk (M)	Scrambled Egg Patty (E,M) Diced Honeydew & Cantaloupe Whole Milk (M)	Pork Sausage Patty (CP) OR Veggie Sausage Patty (E,M,S,W) Oven Roasted Potatoes (M) Whole Milk (M)
Lunch 11:00-12:30	Whole Grain Breaded Chicken Nuggets (S,W) w BBQ Sauce Seasoned Potato Wedges (W) Steamed Green Beans Diced Peaches 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)	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)	Vegetable Egg Rolls (E,S,W,SE) Sweet & Sour Sauce Fried Rice Steamed Broccoli & Cauliflower Mixed Fruit Whole Milk (M)	Whole Grain Cheese Pizza (M,S,W) Mixed Vegetables Fresh Bananas Whole Milk (M)
Vegetarian Lunch	Plant Based Chicken Nuggets (S,W) Seasoned Potato Wedges (W) Steamed Green Beans	Cheese Ravioli (E,M,S,W) Baked Cheddar Biscuits (M,S,W)	Grilled Cheese on Whole Wheat Bread (M,S,W,SE) Homemade Tomato Soup (M,S,W)	Vegetable Egg Rolls (E,S,W,SE) Fried Rice	Whole Grain Cheese Pizza (M,S,W) Mixed Vegetables
PM Refreshments 3:00-3:30	Hummus (S,SE) on Pita Points (W)	Turkey & Cheese (M,S) On Tortilla Wrap (W) Vegetarian – Cottage Cheese (M)	Egg Salad (E) on Whole Wheat Crackers (S,W)	Fruit & Yogurt Parfait (M)	Naan Bread (E,M,S,W,SE) w/ Avocado Dip



C



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CP



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Early Discoveries Lake County's On-Site Childcare Center



Menu Dates

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

Week 2

Infants
Toddlers



Monday

Tuesday

Wednesday

Thursday

Friday

Early Breakfast 7:00-8:00	Rice Krispies Diced Peaches & Pears Whole Milk (M)	Whole Grain Pancakes with Syrup (E,M,S,W) Applesauce Whole Milk (M)	Corn Flakes Cereal (S) Fresh Strawberries Whole Milk (M)	Cinnamon Swirl Toast (S,W) Diced Pears Whole Milk (M)	Sliced Blueberry Bread (E,M,S,W) Diced Mixed Fruit Whole Milk (M)
Late Breakfast/ AM Snack 8:30-9:30	Turkey Sausage OR Veggie Sausage Patty (E,M,S,W) Diced Tropical Fruit Whole Milk (M)	Whole Wheat Toast with Jelly (S,W,SE) Mixed Fruit 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)	Yogurt (M) with Rice Krispies Cereal Diced Peaches & Pears Whole Milk (M)	Egg Omelets (E,M) Diced Apples Whole Milk (M)
Lunch 11:00-12:30	BBQ Pulled Pork on a Whole Wheat Bun (W,CP,SE) Seasoned Potato Cubes (W) Steamed Diced Carrots Diced Apples 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)	Homemade Chili Whole Wheat Roll (W) with Butter (M,S) Steamed Broccoli Diced Pears Whole Milk (M)	Au Gratin Potatoes w/ Diced Ham (M,S,CP) Steamed California Blend Fresh Diced Honeydew & Cantaloupe Whole Milk (M)	Diced Chicken Mashed Potatoes (M) & Gravy (M,S,W) Steamed Yellow & Green Beans Fresh Bananas Whole Milk (M)
Vegetarian Lunch	Vegetarian Burger on a Bun (S,W,SE) Seasoned Potato Cubes (W)	Plant Based Vegetarian Chicken Nuggets (S,W) Tri-Cut Baked Potato Medley	Vegetarian Chili Whole Wheat Roll with Butter (M,S,W)	Au Gratin Potatoes (M,S) with Veggie Crumbles (S,W)	Roast Beet & Chickpea Veggie Burger (S,SE) with Mashed Potatoes (M)
PM Refreshments 3:00-3:30	Fresh Hummus (S,SE) on Pita Points (W)	Chicken Salad (W,E) On Saltine Crackers (W,S) Vegetarian-Cottage Cheese (M)	Banana & Yogurt Dip (M)	Jelly Sandwiches on Wheat Bread (W,SE)	Animal Crackers (S,W) Mixed Fruit



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Early Discoveries Lake County's On-Site Childcare Center



Menu Dates
9/15 - 9/19
10/27 - 10/31
12/8 - 12/12

Week 3

**Infants
Toddlers**



Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Early Breakfast 7:00-8:00	Oven Warm Biscuits with Jelly (M,S,W) Diced Peaches & Pears Whole Milk (M)	Whole Grain Pancakes with Syrup (E,M,S,W) Applesauce Whole Milk (M)	Corn Flakes Cereal (S) Diced Peaches Whole Milk (M)	Apple Cinnamon Muffins (W,E,M) Mixed Fruit Whole Milk (M)	Rice Krispies Cereal Diced Fruit Cocktail Whole Milk (M)
Late Breakfast/AM Snack 8:30-9:30	Whole Grain Cheerios Diced Fruit Cocktail Whole Milk (M)	Sliced Blueberry Bread (E,M,S,W) Diced Pears Whole Milk (M)	Egg Patty (E,M) Mixed Fruit Whole Milk (M)	French Toast Sticks with Syrup (E,M,S,W) Applesauce Whole Milk (M)	Wheat Toast (S,W,SE) Turkey Sausage Patty OR Veggie Sausage Patty (E,M,S,W) Whole Milk (M)
Lunch 11:00-12:30	Whole Grain Macaroni & Cheese with Chicken Fajita Strips (M,S,W,E) Cheese Breadstick (M,S,W) Steamed Broccoli Mandarin Oranges Whole Milk (M)	Baked Homemade Meatloaf (E,M,S,W) Mashed Potatoes (M) & Gravy (M,S,W) Steamed Carrots Diced Apples 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)	Pierogi (E,M,S,W) with Marinara Dipping Sauce Steamed Green Beans Diced Honeydew & Cantaloupe 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)
Vegetarian Lunch	Whole Grain Macaroni & Cheese with Veggie Crumbles (M,S,W,E) Cheese Breadstick (M,S,W)	Teriyaki Rice & Veggie Blend with Samosas (S,W)	Plant Based Vegetarian Chicken Nuggets (S,W) Seasoned Baked Potato Wedges (W)	Pierogi (E,M,S,W) with Marinara Dipping Sauce	Baked Vegetarian Burger (S,W) on a Whole Wheat Bun (S,W,SE) Baked Potato Rounds
PM Refreshments 3:00-3:30	Pita Points (W) with Guacamole	Banana & Jelly Tortilla Roll Up (W)	Cheese (M,S) on Saltine Crackers (S,W)	Naan Bread (E,M,S,W,SE) with Roasted Red Pepper Hummus (S,SE)	Turkey & Cheese (M,S) on a Bun (S,W)



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Early Discoveries Lake County's On-Site Childcare Center



Menu Dates
9/22 - 9/26
11/3 - 11/7
12/15 - 12/19

Week 4

Infants
Toddlers



Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Early Breakfast 7:00-8:00	Apple Cinnamon Muffins (E,M,W) Diced Tropical Fruit Salad Whole Milk (M)	French Toast Sticks with Syrup (E,M,W,S) Applesauce Whole Milk (M)	Whole Grain Cheerios Diced Peaches & Pears Whole Milk (M)	Whole Grain Pancakes with Syrup (E,M,S,W) Fresh Sliced Strawberries Whole Milk (M)	Corn Flakes Cereal (S) Diced Mixed Fruit Whole Milk (M)
Late Breakfast/AM Snack 8:30-9:30	Turkey Sausage Patty OR Veggie Sausage Patty (E,M,S,W) Buttered Wheat Toast (S,W,SE) Whole Milk (M)	Scrambled Eggs (E,M) Diced Peaches Whole Milk (M)	Whole Grain Toast w/ Jelly (W,S,SE) Mixed Fruit Whole Milk (M)	Sliced Banana Bread (E,M,S,W) Mandarin Oranges Whole Milk (M)	Egg Patty (E,M) Pork Sausage Patty (CP) OR Veggie Sausage Patty (E,M,S,W) Whole Milk (M)
Lunch 11:00-12:30	Whole Wheat Spaghetti with Meatballs (M,S,W,E) Steamed Cauliflower Cheese Breadstick (M,S,W) Mandarin Oranges Whole Milk (M)	Grilled Ham & Cheese Sandwich on Whole Wheat Bread (M,S,W,CP,SE) Vegetable Soup with Oyster Crackers (W,S) Diced Pears Whole Milk (M)	Diced Chicken Breast (non-breaded) Mashed Potatoes (M) with Gravy (M,S,W) Steamed Broccoli Diced Apples Whole Milk (M)	Sloppy Joes Served on Whole Wheat Bun (W,SE) Vegetarian Baked Beans Fresh Bananas Whole Milk (M)	Roast Turkey Homemade Dressing (S,W) Turkey Gravy (M,S,W) Steamed Carrots Diced Apples Whole Milk (M)
Vegetarian Lunch	Spaghetti Marinara with Plant Based Meatballs (S,W,E) Cheese Bread Stick (M,S,W)	Grilled Cheese (M,S,W,SE) Vegetarian Soup	Vegan Samosas with Mango Chutney	Vegetarian Burger on Whole Wheat Bun (S,W,SE) Vegetarian Baked Beans	Steamed Rice and Vegetables Sweet Potato Vegetable Burger (S)
PM Refreshments 3:00-3:30	Chicken Salad (W,E) on Naan Bread (E,M,S,W,SE)	Oatmeal Apple Bars (W,S,E,M)	Egg Salad (E) & Pita Points (W)	Jelly Sandwiches on Whole Wheat Bread (W,SE)	Blueberry Muffin (E,M,S,W)



C



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CP



SE

Early Discoveries Lake County's On-Site Childcare Center



Menu Dates

9/29 - 10/3
11/10 - 11/14
12/22 - 12/26

Week 5

Infants
Toddlers



Monday

Tuesday

Wednesday

Thursday

Friday

Early Breakfast 7:00-8:00	Sliced Blueberry Bread (E,M,S,W) Mixed Fruit Whole Milk (M)	Baked Whole Grain Pancakes with Syrup (E,M,S,W) Diced Tropical Fruit Whole Milk (M)	Whole Grain Cheerios Diced Peaches Whole Milk (M)	Cinnamon Swirl Toast (S,W) Diced Peaches Whole Milk (M)	Corn Flakes Cereal (S) Fresh Strawberries Whole Milk (M)
Late Breakfast/AM Snack 8:30-9:30	Egg Patties (E,M) Pork Sausage Patty (CP) OR Veggie Sausage Patty (E,M,S,W) Whole Milk (M)	Yogurt Parfait (M) with Rice Krispies Cereal Whole Milk (M)	Whole Wheat Toast with Jelly (S,W,SE) Diced Pears Whole Milk (M)	Egg Omelets (E,M) Mixed Fruit Whole Milk (M)	Turkey Sausage Patty OR Veggie Sausage Patty (E,M,S,W) Diced Fruit Cocktail Whole Milk (M)
Lunch 11:00-12:30	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)	Baked Whole Grain Breaded Chicken Nuggets (S,W) Cosmic Potatoes with Ranch Dip (E,M) & Ketchup Sliced Yellow Squash Diced Apples 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)	Jamaican Red Beans & Rice Diced Chicken Steamed Normandy Blend Vegetables Diced Apples Whole Milk (M)	Whole Grain Cheese Pizza (M,S,W) Mixed Vegetables Fresh Bananas Whole Milk (M)
Vegetarian Lunch	Cheese Taco with Refried Beans, Lettuce, Tomato (M,W)	Vegan Pakoras Teriyaki Rice (S,W) & Vegetables	Grilled Cheese (M,S,W,SE) Tomato Soup (M,S,W) with Oyster Crackers (W,S)	Jamaican Red Beans & Rice Steamed Normandy Blend Vegetables	Cheese Pizza (M,S,W) Mixed Vegetables
PM Refreshments 3:00-3:30	Naan Bread (E,M,S,W,SE) with Hummus (S,SE)	Pita Points (W) & Sliced Turkey Vegetarians- Sliced Cheese (M,S)	Fruit Crunch Bar (M,W) Mixed Fruit	Chicken Salad (W,E) On Saltine Crackers (S,W)	Pita Points (W) w/ Avocado Dip



C



E



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M



P



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CP



SE

Early Discoveries Lake County's On-Site Childcare Center



Menu Dates

10/6 - 10/10

11/17 - 11/21

12/29 - 1/2

Infants

Toddlers

Week 6



Monday

Tuesday

Wednesday

Thursday

Friday

Early Breakfast 7:00-8:00	Cream of Wheat (W) Diced Peaches Whole Milk (M)	Sliced Banana Bread (E,M,S,W) Fresh Strawberries Whole Milk (M)	Whole Grain Cheerios Diced Peaches & Pears Whole Milk (M)	Oven Warm Biscuits w/ Jelly (M,S,W) Mixed Fruit Whole Milk (M)	Cinnamon Swirl Toast (S,W) Diced Pears Whole Milk (M)
Late Breakfast/AM Snack 8:30-9:30	Toast with Jelly (S,W,SE) Diced Pears Whole Milk (M)	Egg Patty (E,M) Turkey Sausage Patty OR Veggie Sausage Patty (E,M,S,W) Whole Milk (M)	French Toast Sticks with Syrup (E,M,W,S) Mixed Fruit Whole Milk (M)	Yogurt (M) Rice Krispies Cereal Diced Tropical Fruit Whole Milk (M)	Egg Patty (E,M) Wheat Toast (S,W,SE) Whole Milk (M)
Lunch 11:00-12:30	Beef Ravioli (E,M,S,W) Cheddar Cheese Biscuits (M,S,W) Steamed Cauliflower Mandarin Oranges Whole Milk (M)	Make Your Own Sub Sandwich (Ham, Turkey, Cheese) (M,S,W,CP) Fresh Lettuce, Fresh Tomatoes, Mayo (E) & Mustard Homemade Creamy Chicken & Rice Soup (M,S,W) with Oyster Crackers (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)	Baked Ham (CP) Sweet Potato Puffs Steamed Malibu Blend Vegetables Crushed Pineapple 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)
Vegetarian Lunch	Cheese Ravioli (E,M,S,W) Cheddar Biscuits (M,S,W)	Make Your Own Sub Sandwich (M,S,W) Vegetable Pakoras Black Bean Soup	Bean & Cheese Burrito (W,S,M) Spanish Rice	Cheese Lasagna Roll-up (E,M,W)	Plant Based Vegetarian Chicken Nuggets (S,W) Crinkle Cut Potatoes
PM Refreshments 3:00-3:30	Jelly Sandwich (W,SE)	Fruit Crunch Bars (M,W) Mixed Fruit	Egg Salad (E) on Saltine Crackers (S,W)	Hummus (S,SE) with Pita Points (W)	Fresh Banana Yogurt Dip (M)



C



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