

Early Discoveries Lake County's On-Site Childcare Center



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

No Dairy



Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Early Breakfast 7:00-8:00	Special K Cereal (W) Diced Peaches	Whole Grain Bagels (W,SE) with Jelly Mixed Fruit	Whole Grain Oatmeal Preschool- w/ Raisins Diced Pears	Cinnamon Swirl Toast (S,W) Applesauce	Bran Flakes Cereal (W) Mixed Fruit Whole Milk (M)
Late Breakfast/ AM Snack 8:30-9:30	No Dairy Banana Bread (W) Mandarin Oranges	Corn Flakes Cereal (S) Tropical Fruit Salad	English Muffin with Jelly (S,W,SE) Sliced Peaches	Whole Grain Cheerios Fresh Honeydew & Cantaloupe	Pork Sausage Patty (CP) Oven Roasted Potatoes
Lunch 11:00-12:30	Whole Grain Breaded Chicken Nuggets (S,W) w BBQ Sauce Seasoned Potato Wedges (W) Steamed Green Beans Fresh Pears	Brown Rice Pasta Marinara with Kidney Beans Breadstick (W,S) Steamed Corn Fresh Sliced Oranges	Grilled Ham on Whole Wheat Bread (S,W,CP,SE) Creamy Homemade Tomato Soup – made with water (S,W) with Oyster Crackers (W,S) Fresh Organic Apples	Vegetable Egg Rolls (E,S,W,SE) Sweet & Sour Sauce Fried Rice Steamed Broccoli & Cauliflower Mixed Fruit	Veggie Pizza (No Cheese) (W) Mixed Vegetables Fresh Lettuce Salad with Italian Dressing Fresh Bananas
Vegetarian Lunch					
PM Refreshments 3:00-3:30	Fresh Sliced Cucumbers Hummus (S,SE)	Turkey Wrap (W)	Egg Salad (E) on Whole Wheat Crackers (S,W)	Graham Crackers (W) w/ Fresh Fruit	Preschool- Fresh Carrot Sticks w/ Avocado Dip Infants & Young Preschool- Pita Bread (W) w/ Avocado Dip



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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

No Dairy



Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Early Breakfast 7:00-8:00	Rice Krispies (No Milk) Diced Peaches & Pears	Raisin Bread (S,W,SE) Applesauce	Golden Grahams Cereal (W) Fresh Strawberries	Cinnamon Swirl Toast (S,W) Diced Pears	No Dairy Banana Bread (W) Pineapple Tidbits
Late Breakfast/ AM Snack 8:30-9:30	Turkey Sausage Tropical Fruit	English Muffin with Jelly (S,W,SE) Mixed Fruit	Pork Sausage Patty (CP) Fresh Fruit	Rice Krispies Cereal (S) Diced Peaches & Pears	Turkey Sausage Fresh Organic Apples
Lunch 11:00-12:30	BBQ Pulled Pork on a Whole Wheat Bun (W,CP,SE) Seasoned Potato Cubes (W) Steamed Diced Carrots Fresh Apples	Baked Whole Grain Breaded Chicken Nuggets (S,W) w/ Ketchup Tri-Cut Baked Potato Medley Steamed Succotash Vegetable Blend Fruit Cocktail	Homemade Chili Whole Wheat Roll (W) Steamed Broccoli Fresh Pears	Fresh Baked Potato Diced Ham (CP) Steamed California Blend Fresh Diced Honeydew & Cantaloupe	Grilled Chicken Fajita Baked Potato Rounds Steamed Yellow & Green Beans Fresh Bananas
Vegetarian Lunch					
PM Refreshments 3:00-3:30	Preschool- Carrot & Celery Sticks w/ Hummus (S,SE) Young Preschool/ Infant & Toddlers- Pita Points (W) w/ Hummus (S,SE)	Soy Butter (S) on Saltine Crackers (S,W)	Organic Apples with Soy Butter (S)	Soy Butter (S) & Jelly Sandwiches on Wheat Bread (W,SE)	Animal Crackers (S,W) Fresh Mixed Fruit



Early Discoveries Lake County's On-Site Childcare Center



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

No Dairy



Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Early Breakfast 7:00-8:00	Cinnamon Swirl Toast (S,W) Sliced Peaches & Pears	Pork Sausage Patty (CP) Applesauce	Rice Chex Cereal Diced Peaches	Cinnamon Swirl Toast (S,W) Mixed Fruit	Cinnamon Toast Crunch Cereal (S,W) Diced Fruit Cocktail
Late Breakfast/AM Snack 8:30-9:30	Whole Grain Cheerios Diced Fruit Cocktail	No Dairy Banana Bread (W) Diced Pears	English Muffin with Jelly (S,W,SE) Mixed Fruit	Rice Krispies Applesauce	Whole Wheat Toast (S,W,SE) Turkey Sausage
Lunch 11:00-12:30	Brown Rice Pasta & Marinara with Chicken Fajita Strips (S,W) Breadstick (S,W) Steamed Broccoli Fresh Oranges	Baked Homemade Meatloaf (S,W) Baked Potato Steamed Corn Fresh Organic Apples	Baked Whole Grain Breaded Chicken Nuggets (S,W) with BBQ Sauce Seasoned Baked Potato Wedges (W) Steamed Cauliflower Tropical Fruit	Teriyaki Rice with Vegetables (S,W) Vegetable Pakoras Steamed Green Beans Fresh Honeydew & Cantaloupe	Grilled Hamburger on Whole Wheat Bun (S,W,SE) and Ketchup. Baked Potato Rounds Steamed Carrots Fresh Organic Apples
Vegetarian Lunch					
PM Refreshments 3:00-3:30	Pita Points (W) with Guacamole	Banana Soy Butter (S) Tortilla Roll Up (W)	Soy Butter (S) & Saltine Crackers (S,W)	Sliced Cucumbers and Roasted Red Pepper Hummus (S,SE)	Turkey Roll Up (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

No Dairy



Week 4

Monday

Tuesday

Wednesday

Thursday

Friday

Early Breakfast 7:00-8:00	No Dairy Banana Bread (W) Tropical Fruit Salad	Whole Wheat Toast w/ Jelly (S,W,SE) Applesauce	Life Cereal (W) Diced Peaches & Pears	Wheat Toast with Jelly (S,W,SE) Fresh Sliced Strawberries	Corn Flakes (S) Fruit Cocktail
Late Breakfast/AM Snack 8:30-9:30	Turkey Sausage Patty Buttered Toast (S,W,SE)	Cinnamon Swirl (S,W) Diced Peaches	Bagels (W,SE) W/ Jelly Mixed Fruit	No Dairy Banana Bread (W) Mandarin Oranges	Pork Sausage Patty (CP) Mixed Fruit
Lunch 11:00-12:30	Brown Rice Pasta w/ Plant Based Meatballs (S,W) Steamed Cauliflower Breadstick (S,W) Fresh Oranges	Grilled Ham Sandwich on Whole Wheat Bread (S,W,CP,SE) Vegetable Soup with Oyster Crackers (W,S) Fresh Pears	Chicken Fajita Baked Potato Steamed Corn Fresh Organic Apples	Sloppy Joes Served on Whole Wheat Bun (W,SE) Vegetarian Baked Beans Fresh Bananas	Roast Turkey Homemade Dressing (S,W) Lima Beans Fresh Apples
Vegetarian Lunch					
PM Refreshments 3:00-3:30	Soy Butter (S) on Pita Bread (W)	Organic Apples with Soy Butter (S)	Egg Salad (E) & Pita Points (W)	Soy Butter (S) & Jelly Sandwiches on Wheat Bread (W,SE)	No Dairy Banana Bread (W)



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Early Discoveries Lake County's On-Site Childcare Center



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

No Dairy



Week 5

Monday

Tuesday

Wednesday

Thursday

Friday

Early Breakfast 7:00-8:00	No Dairy Banana Bread (W) Mixed Fruit	Toasted Raisin Bread (S,W,SE) Tropical Fruit	Whole Grain Cheerios Diced Peaches	Cinnamon Swirl Toast (S,W) Sliced Peaches	Life Cereal (W) Fresh Strawberries
Late Breakfast/AM Snack 8:30-9:30	Whole Wheat Toast (S,W,SE) Pork Sausage Patty (CP)	Rice Krispies Cereal Mixed Fruit	English Muffin with Jelly (S,W,SE) Fresh Pears	Raisin Toast (S,W,SE) Mixed Fruit	Turkey Sausage Diced Fruit Cocktail
Lunch 11:00-12:30	Beef Tacos (W) Whole Grain Shell with Fresh Lettuce, Diced Tomato & Salsa Steamed Carrots Fresh Pears	Baked Whole Grain Breaded Chicken Nuggets (S,W) Cosmic Potatoes & Ketchup Sliced Yellow Squash Organic Gala Apples	Grilled Ham on Whole Wheat Bread (S,W, CP,SE) Creamy Homemade Tomato Soup (Made with Water) (S,W) with Oyster Crackers (W,S) Fresh Sliced Oranges	Jamaican Red Beans & Rice Fajita Chicken Strips Steamed Normandy Blend Vegetables Fresh Organic Apples	Whole Grain No Dairy Vegetable Pizza (W) Lettuce Salad with Italian Dressing Mixed Vegetables Fresh Bananas
Vegetarian Lunch					
PM Refreshments 3:00-3:30	Carrot & Celery Sticks with Hummus (S,SE)	Pita Points (W) & Sliced Turkey	Granny Smith Apples with Soy Butter (S)	No Dairy Banana Bread (W)	Fresh Sliced Cucumbers with Avocado Dip



Early Discoveries Lake County's On-Site Childcare Center



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

No Dairy



Week 6

Monday

Tuesday

Wednesday

Thursday

Friday

Early Breakfast 7:00-8:00	Cream of Wheat (W) Diced Peaches	No Dairy Banana Bread (W) Fresh Strawberries	Whole Grain Cheerios Sliced Peaches & Pears	Turkey Sausage Mandarin Oranges	Cinnamon Swirl Toast (S,W) Diced Pears
Late Breakfast/ AM Snack 8:30-9:30	English Muffin with Jelly (S,W,SE) Fresh Pears	Whole Wheat Toast (S,W,SE) Turkey Sausage	Raisin Toast (S,W,SE) Mixed Fruit	Rice Krispies Cereal Diced Tropical Fruit	Pork Sausage Patty (CP) Mixed Fruit
Lunch 11:00-12:30	Brown Rice Pasta w/ Kidney Beans & Marinara Sauce (W) Breadstick (S,W) Steamed Cauliflower Fresh Orange Slices	Make Your Own Sandwich (Ham, Turkey) (S,W,CP,SE) Fresh Lettuce, Fresh Tomatoes, Mustard Vegetarian Black Bean Soup with Oyster Crackers (W,S) Mixed Fruit	Beef Burrito (W,S) Spanish Rice Salsa Steamed Succotash Vegetable Blend Fresh Banana	Baked Ham (CP) Sweet Potato Puffs Steamed Malibu Blend Vegetables Pineapple Rings	Baked Whole Grain Chicken Nuggets (S,W) BBQ Sauce Crinkle Cut Potatoes Steamed Green & Yellow Beans Organic Gala Apples
Vegetarian Lunch					
PM Refreshments 3:00-3:30	Soy Butter (S) & Jelly Sandwiches (W,SE)	Broccoli & Cauliflower with Italian Dressing	Turkey on Saltine Crackers (S,W)	Hummus (S,SE) with Pita Points (W)	Fresh Sliced Sweet Bell Peppers w/ Italian dressing

