

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

9/1 - 9/5No Dairy 10/13 - 10/17 11/24 - 11/28

Early Discoveries **Thursday** 

**Friday** Bran Flakes Cereal (W)

Mixed Fruit

Whole Milk (M)

Pork Sausage Patty (CP)

Oven Roasted Potatoes

Veggie Pizza (No Cheese) (W)

Mixed Vegetables

Fresh Lettuce Salad

with Italian Dressing

Fresh Bananas

Week 1

Wednesday

**Diced Pears** 

English Muffin with Jelly

(S,W,SE)

Sliced Peaches

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

Late

Breakfast/

Lunch

Vegetarian Lunch

Early Special K Cereal (W) **Breakfast** 7:00-8:00

**Diced Peaches** 

No Dairy Banana Bread (W)

Monday

PARTNERSHIP FOR

Whole Grain Bagels (W,SE) with Jelly Mixed Fruit

Corn Flakes Cereal (S)

Tropical Fruit Salad

Brown Rice Pasta Marinara

with Kidney Beans

Breadstick (W,S)

Steamed Corn

Fresh Sliced Oranges

Tuesday

Whole Grain Oatmeal

Preschool- w/ Raisins

Cinnamon Swirl Toast (S,W) Applesauce

Whole Grain Cheerios

Fresh Honeydew &

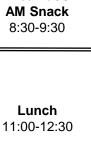
Cantaloupe

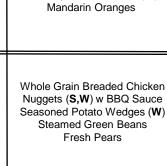
Vegetable Egg Rolls

(E,S,W,SE)

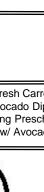
Sweet & Sour Sauce

Fried Rice





Steamed Broccoli & Cauliflower Mixed Fruit





SE





# Lake County's On-Site Childcare Center PARTNERSHIP FOR

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

Tuesday

Baked Whole Grain Breaded

Chicken Nuggets (S,W)

w/ Ketchup

Tri-Cut Baked Potato Medley

Steamed Succotash

Vegetable Blend Fruit Cocktail

Soy Butter (S) on Saltine

Crackers (S,W)

Week 2

**Early Discoveries** 

No Dairy Wednesday





**Friday** No Dairy Banana Bread (W)

Grilled Chicken Fajita

**Baked Potato Rounds** 

Steamed Yellow & Green Beans

Fresh Bananas

Animal Crackers (S,W)

Fresh Mixed Fruit

SE

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

Monday

BBQ Pulled Pork on a Whole

Wheat Bun (W,CP,SE)

Seasoned Potato Cubes (W)

Steamed Diced Carrots

Fresh Apples

Preschool- Carrot & Celery

Sticks w/ Hummus (S,SE)

Young Preschool/ Infant &

Toddlers- Pita Points (W) w/

Hummus (S.SE)

Homemade Chili

Whole Wheat Roll (W)

Steamed Broccoli

Fresh Pears

Organic Apples with Soy Butter

**(S)** 

**Diced Pears** 

Fresh Baked Potato

Diced Ham (CP)

Steamed California Blend

Fresh Diced Honeydew &

Cantaloupe

Soy Butter (S) & Jelly

Sandwiches on

Wheat Bread (W,SE)

W

Pineapple Tidbits

Rice Krispies Golden Grahams Cereal (W) Cinnamon Swirl Toast (S,W) Raisin Bread (S,W,SE) (No Milk) **Applesauce** Fresh Strawberries Diced Peaches & Pears Late Turkey Sausage English Muffin with Jelly Rice Krispies Cereal (S) Turkey Sausage Pork Sausage Patty (CP) Breakfast/ Tropical Fruit (S,W,SE) Diced Peaches & Pears Fresh Organic Apples Fresh Fruit Mixed Fruit

AM Snack 8:30-9:30

Lunch

11:00-12:30

Vegetarian Lunch

PM

Refreshments

3:00-3:30



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

No Dairy 9/15 - 9/19 10/27 - 10/31





**Friday** 

Monday Early

12/8 - 12/12 **Tuesday** 

No Dairy Banana Bread (W)

**Diced Pears** 

**Baked Homemade Meatloaf** 

(S,W)

**Baked Potato** 

Steamed Corn

Fresh Organic Apples

Tortilla Roll Up (W)

М

Week 3

Wednesday

English Muffin with Jelly

(S,W,SE)

Mixed Fruit

Baked Whole Grain Breaded

Chicken Nuggets (S,W)

with BBQ Sauce

Seasoned Baked Potato

Wedges (W)

Steamed Cauliflower

Tropical Fruit

Early Discoveries **Thursday** 

Mixed Fruit

Rice Krispies

**Applesauce** 

Teriyaki Rice with Vegetables

(S.W)

Vegetable Pakoras

Steamed Green Beans

Fresh Honeydew &

Cantaloupe

Cinnamon Toast Crunch Cereal

(S,W)

Diced Fruit Cocktail

Whole Wheat Toast (S,W,SE)

Turkey Sausage

Grilled Hamburger

on Whole Wheat Bun (S,W,SE)

and Ketchup.

**Baked Potato Rounds** 

Steamed Carrots

Fresh Organic Apples

Cinnamon Swirl Toast (S,W) **Breakfast** Sliced Peaches & Pears 7:00-8:00

PARTNERSHIP FOR

Whole Grain Cheerios

Diced Fruit Cocktail

Brown Rice Pasta & Marinara

with Chicken Fajita Strips

(S,W)

Breadstick (S,W)

Steamed Broccoli

Fresh Oranges

Pita Points (W)

with Guacamole

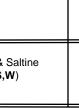
Pork Sausage Patty (CP) **Applesauce** 

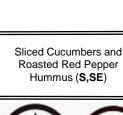
Rice Chex Cereal **Diced Peaches** 

Cinnamon Swirl Toast (S,W)

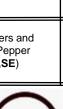
Banana Soy Butter (S)

Soy Butter (S) & Saltine Crackers (S,W)





w





SE

Turkey Roll Up (W)



Early

**Breakfast** 

7:00-8:00

Late

Breakfast/

AM Snack

8:30-9:30

Lunch

11:00-12:30

Vegetarian Lunch

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Refreshments

3:00-3:30

## Lake County's On-Site Childcare Center PARTNERSHIP FOR

Monday

No Dairy Banana Bread (W)

Tropical Fruit Salad

Turkey Sausage Patty

Buttered Toast (S,W,SE)

Brown Rice Pasta

w/ Plant Based Meatballs

(S,W)

Steamed Cauliflower

Breadstick (S,W)

Fresh Oranges

Soy Butter (S) on Pita Bread

(W)

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

Tuesday

Whole Wheat Toast w/ Jelly

(S,W,SE)

**Applesauce** 

Cinnamon Swirl (S,W)

**Diced Peaches** 

Grilled Ham Sandwich on

Whole Wheat Bread

(S,W,CP,SE)

Vegetable Soup

with Oyster Crackers (W,S)

Fresh Pears

Organic Apples with Soy Butter

**(S)** 

М

Week 4

**Early Discoveries** 

No Dairy





**Friday** 

Pork Sausage Patty (CP)

Mixed Fruit

Roast Turkey

Homemade Dressing (S.W)

Lima Beans

Fresh Apples

No Dairy Banana Bread (W)

SE

Corn Flakes (S) Fruit Cocktail

Wheat Toast with Jelly (S,W,SE)

Fresh Sliced Strawberries

No Dairy Banana Bread (W)

Mandarin Oranges

Sloppy Joes Served

on Whole Wheat Bun (W,SE)

Vegetarian Baked Beans

Fresh Bananas

Soy Butter (S) & Jelly

Sandwiches

on Wheat Bread (W,SE)

w

**Thursday** 

Wednesday

Life Cereal (W)

Diced Peaches & Pears

Bagels (W,SE)

W/ Jelly

Mixed Fruit

Chicken Fajita

**Baked Potato** 

Steamed Corn

Fresh Organic Apples

Egg Salad (E) &

Pita Points (W)



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 No Dairy

9/29 - 10/311/10 - 11/14

Early Discoveries

**Friday** 

Life Cereal (W) Fresh Strawberries

Turkey Sausage

Diced Fruit Cocktail

Whole Grain No Dairy

Vegetable Pizza (W)

Lettuce Salad

with Italian Dressing

Mixed Vegetables

Fresh Bananas

Fresh Sliced Cucumbers with

Avocado Dip

SE

12/22 - 12/26 Week 5 Monday Tuesday Toasted Raisin Bread (S.W.SE)

PARTNERSHIP FOR

Whole Wheat Toast (S,W,SE)

Pork Sausage Patty (CP)

Beef Tacos (W)

Whole Grain Shell

with Fresh Lettuce.

Diced Tomato & Salsa

Steamed Carrots

Fresh Pears

Carrot & Celery Sticks with

Hummus (S,SE)

Wednesday

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

**Granny Smith Apples** 

with Soy Butter (S)

**Thursday** 

Sliced Peaches

Jamaican Red Beans & Rice

Fajita Chicken Strips

Steamed Normandy Blend

Vegetables

Fresh Organic Apples

No Dairy Banana Bread (W)

w

Cinnamon Swirl Toast (S,W)

Early Whole Grain Cheerios No Dairy Banana Bread (W) **Breakfast Diced Peaches** Mixed Fruit Tropical Fruit 7:00-8:00 Late

Rice Krispies Cereal

Mixed Fruit

Baked Whole Grain Breaded

Chicken Nuggets (S,W)

Cosmic Potatoes & Ketchup

Sliced Yellow Squash

Organic Gala Apples

Pita Points (W)

& Sliced Turkey

М

English Muffin with Jelly Raisin Toast (S,W,SE) (S,W,SE) Mixed Fruit Fresh Pears



Early

**Breakfast** 

7:00-8:00

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 No Dairy

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

Tuesday

No Dairy Banana Bread (W)

Fresh Strawberries

Whole Wheat Toast (S,W,SE)

Turkey Sausage

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

Broccoli & Cauliflower

with Italian Dressing

PARTNERSHIP FOR

Monday

Cream of Wheat (W)

Diced Peaches

English Muffin with Jelly

(S,W,SE)

Fresh Pears

Brown Rice Pasta w/ Kidney

Beans & Marinara Sauce (W)

Breadstick (S.W)

Steamed Cauliflower

Fresh Orange Slices

Sov Butter (S)

& Jelly Sandwiches

(W,SE)

Week 6

Whole Grain Cheerios

Sliced Peaches & Pears

Raisin Toast (S,W,SE)

Mixed Fruit

Beef Burrito (W.S)

Spanish Rice

Salsa

Steamed Succotash Vegetable

Blend

Fresh Banana

Turkey on Saltine Crackers

(S,W)

Wednesday

Early Discoveries



**Friday** 

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

Pork Sausage Patty (CP)

Mixed Fruit

Baked Whole Grain Chicken

Nuggets (S,W)

**BBQ Sauce** 

Crinkle Cut Potatoes

Steamed Green & Yellow Beans

Organic Gala Apples

Fresh Sliced Sweet Bell

Peppers w/ Italian dressing

SE

**Turkey Sausage** 

Rice Krispies Cereal

**Diced Tropical Fruit** 

Baked Ham (CP)

Sweet Potato Puffs

Steamed Malibu Blend

Vegetables

Pineapple Rings

Hummus (S,SE) with

Pita Points (W)

W

**Thursday** 

Mandarin Oranges