

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

Preschool

Early Discoveries

HEALTHIE 10/13 - 10/17 Monday

11/24 - 11/28 Tuesday

9/1 - 9/5

Week 1

K-Prep

Thursday

PARTNERSHIP FOR

Wednesday

Friday

Early Special K Cereal (W) **Diced Peaches** Breakfast 1% Milk (**M**) 7:00-8:00

Whole Grain Bagels (W,SE) & Cream Cheese (M)

Egg Omelets (E,M)

Tropical Fruit Salad

1% Milk (M)

1% Milk (M)

Baked Cheddar Biscuits

(M,S,W)

Turkey & Cheese (M,S)

French Toast Sticks with

Bran Flakes Cereal (W) Mixed Fruit

1% Milk (M)

Mixed Fruit 1% Milk (M)

Whole Grain Oatmeal Preschool- w/ Raisins **Diced Pears** 1% Milk (M)

Syrup (E,M,W,S) Applesauce 1% Milk (M)

Buttermilk Biscuits (M,S,W) with Jelly Sliced Peaches 1% Milk (M)

Grilled Cheese on

Whole Wheat Bread

Scrambled Egg Patty (E,M) Fresh Honeydew & Cantaloupe 1% Milk (M)

Vegetable Egg Rolls

(E,S,W,SE)

Sweet & Sour Sauce

Lunch 11:00-12:30

Late

Breakfast/

AM Snack

8:30-9:30

Whole Grain Breaded Chicken Nuggets (S,W) w BBQ Sauce Seasoned Potato Wedges (W) Steamed Green Beans Fresh Pears 1% Milk (M) Plant Based Chicken Nuggets

(S,W)

Seasoned Potato Wedges (W)

Steamed Green Beans

Sliced Banana Bread

(E,M,S,W)

Mandarin Oranges

1% Milk (M)

Mini Beef Ravioli (M,S,W) Baked Cheddar Cheese Biscuits (M,S,W) Steamed Corn Fresh Sliced Oranges Cheese Ravioli (E,M,S,W)

(M.S.W.SE) Creamy Homemade Tomato Soup (M,S,W) with Oyster Crackers (W,S) Fresh Organic Apples 1% Milk (M) Grilled Cheese on Whole Wheat Bread

Fried Rice Steamed Broccoli & Cauliflower Mixed Fruit 1% Milk (M) Vegetable Egg Rolls (E,S,W,SE)Fried Rice

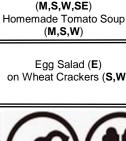
Dressing Fresh Bananas 1% Milk (**M**)

Pork Sausage Patty (CP) OR Veggie Sausage Patty (E,M,S,W)Oven Roasted Potatoes (M) 1% Milk (M) Whole Grain Cheese Pizza (M.S.W) Mixed Vegetables Fresh Lettuce Salad with Italian

Whole Grain Cheese Pizza

Vegetarian Lunch PΜ Refreshments

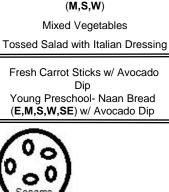
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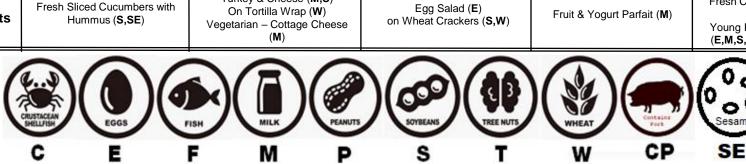














Early Discoveries Lake County's On-Site Childcare Center Menu Dates **Young Preschool** 9/8 - 9/12

Preschool 10/20 -10/24

K-Prep Early Discoveries

Friday

Wednesday

Week 2

Thursday

Cinnamon Swirl Toast (S,W)

Diced Pears

1% Milk (M)

Yogurt (M) with

Rice Krispies Cereal

Diced Peaches & Pears

1% Milk (M)

Au Gratin Potatoes w/ Diced

Ham (M,S,CP)

Steamed California Blend

Fresh Diced Honevdew &

Cantaloupe

1% Milk (M)

Au Gratin Potatoes (M,S)

with Veggie Crumbles (S,W)

Soy Butter (S) & Jelly

Sandwiches on

Wheat Bread (W,SE)

w

Sliced Blueberry Bread

(E.M.S.W)

Pineapple Tidbits

1% Milk (M)

Egg Omelets (E,M)

Fresh Organic Apples

1% Milk (M)

Chicken Faiita Strips

Mashed Potatoes (M) & Gravv

(M,S,W)

Steamed Yellow & Green Beans

Fresh Bananas

1% Milk (**M**)

Roast Beet & Chickpea

Veggie Burger (S,SE)

with Mashed Potatoes (M)

Animal Crackers (S,W)

Mixed Fresh Fruit

SE

Early Rice Krispies Diced Peaches & Pears 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

PARTNERSHIP FOR

Monday

1% Milk (**M**)

Turkey Sausage

OR Veggie Sausage Patty

(E,M,S,W)

Diced Tropical Fruit

1% Milk (M)

BBQ Pulled Pork on a Whole

Wheat Bun (W,CP,SE)

Seasoned Potato Cubes (W)

Steamed Diced Carrots

Fresh Apples

1% Milk (M)

Vegetarian Burger on Bun

(S,W,SE)

Seasoned Potato Cubes (W)

Carrot and Celery Sticks with

Fresh Hummus (S,SE)

Young Preschool- Hummus (S,SE)

on Pita Points (W)

Tuesday Whole Grain Pancakes with Syrup (E,M,S,W)

Applesauce

1% Milk (M)

English Muffins

w/ Jelly (W,S,SE)

Mixed Fruit

1% Milk (M)

Baked Fish Sticks

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

Tartar Sauce (E)

Tri-Cut Baked Potato Medley

Steamed Succotash

Vegetable Blend

Fruit Cocktail

1% 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

12/1 - 12/5

Golden Grahams Cereal (W)

Fresh Strawberries

1% Milk (**M**)

Egg Patties (E,M)

Pork Sausage Patty (CP)

OR Veggie Sausage Patty

(E,M,S,W)

(No Egg/Vegetarian- Fruit)

1% Milk (M)

Homemade Chili

Whole Wheat Roll (W)

with Butter (M.S)

Steamed Broccoli

Fresh Pears

1% Milk (M)

Vegetarian Chili

Whole Wheat Roll with Butter

(M,S,W)

Organic Apples with Soy Butter

Yogurt Dip (M,S)



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 9/15 - 9/19 **Preschool** 10/27 - 10/31

Early Discoveries



Monday

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

K-Prep Week 3 Wednesday

Thursday

Oven Warm Early

Whole Grain Pancakes with

Egg Patty (E,M)

Mixed Fruit

1% Milk (M)

Baked Whole Grain Breaded

Chicken Nuggets (S,W)

with BBQ Sauce

Seasoned Baked Potato

Wedges (W)

Steamed Cauliflower

Tropical Fruit

1% Milk (M)

Plant Based Vegetarian

Breakfast

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

1% Milk (M)

Sliced Blueberry Bread

(E,M,S,W)

Diced Pears

1% Milk (M)

Baked Homemade Meatloaf

(E,M,S,W)

Mashed Potatoes (M)

& Gravy (**M,S,W**)

Steamed Corn

Fresh Organic Apples

1% Milk (M)

Teriyaki Rice & Veggie Blend

with Samosas (S,W)

Apple Cinnamon Muffins (W.E.M)

Mixed Fruit

1% Milk (M)

French Toast Sticks with

Syrup (E,M,S,W)

Applesauce

1% Milk (M)

Pierogi (E,M,S,W)

with Marinara Dipping Sauce

Steamed Green Beans

Fresh Honeydew &

Cantaloupe

1% Milk (M)

Pierogi (E,M,S,W)

Friday Cinnamon Toast Crunch Cereal (S.W)

Diced Fruit Cocktail

1% Milk (M)

Whole Wheat Toast (S,W,SE)

Turkey Sausage Patty

OR Veggie Sausage Patty

(E,M,S,W)

1% Milk (M)

Grilled Hamburger

on Whole Wheat Bun with

American Cheese (M,S,W,SE)

and Ketchup.

Baked Potato Rounds

Steamed Carrots

Fresh Organic Apples

1% Milk (M)

Baked Vegetarian Burger

(S.W)

on a Whole Wheat Bun

Biscuits with Jelly (M,S,W) Sliced Peaches & Pears 7:00-8:00 1% Milk (**M**)

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

Whole Grain Cheerios Diced Fruit Cocktail 1% Milk (**M**)

Whole Grain Macaroni &

Cheese with Chicken Faiita

Strips (M,S,W,E)

Cheese Breadstick (M,S,W)

Steamed Broccoli

Fresh Oranges

1% Milk (M)

PARTNERSHIP FOR

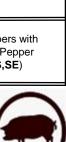
HEALTHIE







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SE



















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 **Young Preschool**

Life Cereal (W)

Diced Peaches & Pears

1% Milk (**M**)

Bagels (W,SE)

w/ Cream Cheese (M)

Mixed Fruit

1% Milk (M)

Chicken Faiita Strips

Mashed Potatoes (M)

with Gravy (M,S,W)

Steamed Corn

Fresh Organic Apples

1% Milk (M)

Vegan Samosas (W)

with Mango Chutney

Egg Salad (**E**)

& Pita Points (W)

9/22 - 9/26



Baked Whole Grain Pancakes

with Syrup (E,M,S,W)

Fresh Sliced Strawberries

1% Milk (**M**)

Sliced Banana

Bread (E,M,S,W)

Mandarin Oranges

1% Milk (M)

Sloppy Joes Served

on Whole Wheat Bun (W,SE)

Vegetarian Baked Beans

Fresh Bananas

1% Milk (M)

Vegetarian Burger on Whole

Wheat Bun (S,W,SE)

Vegetarian Baked Beans

Soy Butter (S) & Jelly

Sandwiches (W,SE)

w



Friday

Corn Flakes Cereal (S)

Fruit Cocktail

1% Milk (M)

Egg Patty (E,M)

Pork Sausage Patty (CP)

OR Veggie Sausage Patty

(E,M,S,W)

1% Milk (M)

Roast Turkey

Homemade Dressing (S,W)

Turkey Gravy (M,S,W)

Lima Beans

Fresh Apples

1% Milk (M)

Steamed Rice and Vegetables

with Sweet Potato Vegetable

Burger (S)

Blueberry Muffin (E,M,S,W)

SE

Preschool 11/3 - 11/7 12/15 - 12/19 K-Prep Week 4 Tuesday Wednesday

Monday Apple Cinnamon Muffins French Toast Sticks with Syrup Early (E,M,W)**Breakfast** Tropical Fruit Salad

1% Milk (M)

Turkey Sausage Patty

OR Veggie Sausage Patty

(E,M,S,W)

Wheat Toast (S,W,SE)

1% Milk (M)

Whole Wheat Spaghetti

with Meatballs (M.S.W.E)

Steamed Cauliflower

Cheese Breadstick (M,S,W)

Fresh Oranges

1% Milk (M)

Spaghetti Marinara with

Plant Based Meatballs (S,W,E)

Cheese Bread Stick (M,S,W)

Chicken Salad (W,E) on

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

PARTNERSHIP FOR

(E,M,W,S)**Applesauce** 1% Milk (M) Scrambled Eggs (E,M) **Diced Peaches**

1% Milk (M)

Grilled Ham & Cheese

Sandwich on Whole Wheat

Bread (M,S,W,CP,SE)

Vegetable Soup

with Oyster Crackers (W,S)

Fresh Pears

1% Milk (M)

Grilled Cheese (M,S,W,SE)

Vegetable Soup

Organic Apples with Soy Butter

Dip (S)

М



Lunch

11:00-12:30

Vegetarian

Lunch

PM

Refreshments

3:00-3:30

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

9/29 - 10/3Preschool 11/10 - 11/14

Early Discoveries



12/22 - 12/26

Week 5

Thursday

Monday

PARTNERSHIP FOR HEALTHIE

Tuesday **Baked Whole Grain Pancakes**

Wednesday

K-Prep

Friday

1% Milk (M)

Turkey Sausage Patty

OR Veggie Sausage Patty

(E,M,S,W)

Diced Fruit Cocktail

1% Milk (M)

Whole Grain Cheese Pizza

(M,S,W)

Fresh Lettuce Salad with Italian

Dressina

Fresh Bananas

1% Milk (M)

Cheese Pizza (M.S.W)

Mixed Vegetables

Sliced Blueberry Bread Early (E,M,S,W)Breakfast

with Syrup (E,M,S,W)

Tropical Fruit

1% Milk (M)

Yogurt Parfait (M) with

Preschool- Granola (S)

Young Preschool- Rice Krispies

1% Milk (M)

Baked Whole Grain Breaded

Chicken Nuggets (S,W)

Cosmic Potatoes with

Sliced Yellow squash

Organic Gala Apples

1% Milk (M)

М

Whole Grain Cheerios

Diced Peaches

1% Milk (**M**)

English Muffin with Jelly

(S,W,SE)

Fresh Pears

1% Milk (M)

Grilled Cheese on Whole

Wheat Bread (M.S.W.SE)

Creamy Homemade Tomato

Soup (M,S,W)

with Oyster Crackers (W,S)

Fresh Sliced Oranges

Cinnamon Swirl Toast (S,W)

Sliced Peaches

1% Milk (M)

Egg Omelets (**E,M**)

Mixed Fruit

1% Milk (M)

Jamaican Red Beans & Rice

Fajita Chicken Strips

Steamed Normandy Blend

Vegetables

Fresh Organic Apples

1% Milk (M)

Jamaican Red Beans & Rice

Steamed Normandy Blend

Life Cereal (W) Fresh Strawberries

Mixed Fruit 1% Milk (M) 7:00-8:00

Egg Patties (E,M) Late Pork Sausage Patty (CP) Breakfast/

OR Veggie Sausage Patty AM Snack (E,M,S,W)8:30-9:30 1% Milk (M) Beef Tacos (W) Preschool- Whole Grain Shell Young Preschool- Flour Tortilla (W)

with Fresh Lettuce. Diced

Tomato, Grated Cheese (M)

Sour Cream (M) & Salsa, Refried

Beans

Steamed Carrots

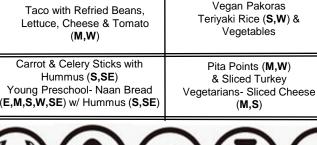
Fresh Pears 1% Milk (M)

(M,W)

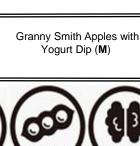
Hummus (S,SE)

Ranch Dip (E,M) & Ketchup

1% Milk (M) Grilled Cheese (M,S,W,SE) Tomato Soup (M,S,W) with Oyster Crackers (W,S)











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SE



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

Menu Dates 10/6 - 10/10 **Preschool** 11/17 - 11/21

Early Discoveries



12/29 - 1/2

Week 6

K-Prep

Thursday

Monday Cream of Wheat (W)

PARTNERSHIP FOR

Tuesday (E,M,S,W)

Wednesday

Friday

Early Diced Peaches Breakfast 1% Milk (M)

Sliced Banana Bread Fresh Strawberries 1% Milk (M)

Whole Grain Cheerios Sliced Peaches & Pears 1% Milk (M)

Oven Warm Biscuits w/ Jelly (M,S,W) Mandarin Oranges

1% Milk (M)

Diced Pears

7:00-8:00

Late Breakfast/ AM Snack

English Muffin with Jelly (S,W,SE) Fresh Pears 1% Milk (M)

Beef Ravioli (E.M.S.W)

Cheddar Cheese Biscuits

(M,S,W)

Egg Patties (E,M) Turkey Sausage Patty OR Veggie Sausage Patty (E,M,S,W)1% Milk (**M**)

French Toast Sticks with Syrup (E,M,W,S) Mixed Fruit 1% Milk (M)

Yogurt (M) 1% Milk (**M**)

Egg Patty (E,M) Wheat Toast (S.W.SE) 1% Milk (M)

8:30-9:30 Lunch

PM

Make Your Own Sub Sandwich (Ham, Turkey, Cheese) (M,S,W,CP) Fresh Lettuce. Fresh Tomatoes, Mayo (E) &

Bean & Cheese Burrito (W,S,M)Spanish Rice Salsa & Sour Cream (M) Blend Fresh Bananas 1% Milk (M)

Cinnamon Swirl Toast (S.W) 1% Milk (M)

Baked Whole Grain Breaded

Steamed Cauliflower Vegetables 11:00-12:30 Mustard Steamed Succotash Vegetable Fresh Orange Slices Pineapple Rings Homemade Creamy Chicken & 1% Milk (M) 1% Milk (**M**) Rice Soup (M,S,W) with Oyster Crackers (W,S) Mixed Fruit 1% Milk (M) Make Your Own Sub sandwich Bean & Cheese Burrito Cheese Lasagna Cheese Ravioli (E,M,S,W) Vegetarian (M,S,W) (W,S,M) Roll- up (E,M,W) Cheddar Biscuits (M,S,W) Vegetable Pakoras Lunch Spanish Rice Black Bean Soup

