

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

Young Preschool
Preschool
K-Prep



	Monday	Tuesday	Wednesday	Thursday	Friday
Early Breakfast 7:00-8:00	Special K Cereal (W) Diced Peaches 1% Milk (M)	Whole Grain Bagels (W,SE) & Cream Cheese (M) Mixed Fruit 1% Milk (M)	Whole Grain Oatmeal Preschool- w/ Raisins Diced Pears 1% Milk (M)	French Toast Sticks with Syrup (E,M,W,S) Applesauce 1% Milk (M)	Bran Flakes Cereal (W) Mixed Fruit 1% Milk (M)
Late Breakfast/ AM Snack 8:30-9:30	Sliced Banana Bread (E,M,S,W) Mandarin Oranges 1% Milk (M)	Egg Omelets (E,M) Tropical Fruit Salad 1% Milk (M)	Buttermilk Biscuits (M,S,W) with Jelly Sliced Peaches 1% Milk (M)	Scrambled Egg Patty (E,M) Fresh Honeydew & Cantaloupe 1% Milk (M)	Pork Sausage Patty (CP) OR Veggie Sausage Patty (E,M,S,W) Oven Roasted Potatoes (M) 1% Milk (M)
Lunch 11:00-12:30	Whole Grain Breaded Chicken Nuggets (S,W) w BBQ Sauce Seasoned Potato Wedges (W) Steamed Green Beans Fresh Pears 1% Milk (M)	Mini Beef Ravioli (M,S,W) Baked Cheddar Cheese Biscuits (M,S,W) Steamed Corn Fresh Sliced Oranges 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 Organic Apples 1% Milk (M)	Vegetable Egg Rolls (E,S,W,SE) Sweet & Sour Sauce Fried Rice Steamed Broccoli & Cauliflower Mixed Fruit 1% Milk (M)	Whole Grain Cheese Pizza (M,S,W) Mixed Vegetables Fresh Lettuce Salad with Italian Dressing Fresh Bananas 1% 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 Tossed Salad with Italian Dressing
PM Refreshments 3:00-3:30	Fresh Sliced Cucumbers with Hummus (S,SE)	Turkey & Cheese (M,S) On Tortilla Wrap (W) Vegetarian – Cottage Cheese (M)	Egg Salad (E) on Wheat Crackers (S,W)	Fruit & Yogurt Parfait (M)	Fresh Carrot Sticks w/ Avocado Dip Young Preschool- Naan Bread (E,M,S,W,SE) 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

Young Preschool
Preschool
K-Prep



Monday

Tuesday

Wednesday

Thursday

Friday

Early Breakfast 7:00-8:00	Rice Krispies Diced Peaches & Pears 1% Milk (M)	Whole Grain Pancakes with Syrup (E,M,S,W) Applesauce 1% Milk (M)	Golden Grahams Cereal (W) Fresh Strawberries 1% Milk (M)	Cinnamon Swirl Toast (S,W) Diced Pears 1% Milk (M)	Sliced Blueberry Bread (E,M,S,W) Pineapple Tidbits 1% Milk (M)
Late Breakfast/AM Snack 8:30-9:30	Turkey Sausage OR Veggie Sausage Patty (E,M,S,W) Diced Tropical Fruit 1% Milk (M)	English Muffins w/ Jelly (W,S,SE) Mixed Fruit 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)	Yogurt (M) with Rice Krispies Cereal Diced Peaches & Pears 1% Milk (M)	Egg Omelets (E,M) Fresh Organic Apples 1% 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 Fresh Apples 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)	Homemade Chili Whole Wheat Roll (W) with Butter (M,S) Steamed Broccoli Fresh Pears 1% Milk (M)	Au Gratin Potatoes w/ Diced Ham (M,S,CP) Steamed California Blend Fresh Diced Honeydew & Cantaloupe 1% Milk (M)	Chicken Fajita Strips Mashed Potatoes (M) & Gravy (M,S,W) Steamed Yellow & Green Beans Fresh Bananas 1% Milk (M)
Vegetarian Lunch	Vegetarian Burger on 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	Carrot and Celery Sticks with Fresh Hummus (S,SE) Young Preschool- Hummus (S,SE) on Pita Points (W)	Chicken Salad (W,E) on Saltine Crackers (W,S) Vegetarian-Cottage Cheese (M)	Organic Apples with Soy Butter Yogurt Dip (M,S)	Soy Butter (S) & Jelly Sandwiches on Wheat Bread (W,SE)	Animal Crackers (S,W) Mixed Fresh Fruit





Early Discoveries Lake County's On-Site Childcare Center



Menu Dates

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

Young Preschool

Preschool

K-Prep



Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Early Breakfast 7:00-8:00	Oven Warm Biscuits with Jelly (M,S,W) Sliced Peaches & Pears 1% Milk (M)	Whole Grain Pancakes with Syrup (E,M,S,W) Applesauce 1% Milk (M)	Rice Chex Cereal Diced Peaches 1% Milk (M)	Apple Cinnamon Muffins (W,E,M) Mixed Fruit 1% Milk (M)	Cinnamon Toast Crunch Cereal (S,W) Diced Fruit Cocktail 1% Milk (M)
Late Breakfast/AM Snack 8:30-9:30	Whole Grain Cheerios Diced Fruit Cocktail 1% Milk (M)	Sliced Blueberry Bread (E,M,S,W) Diced Pears 1% Milk (M)	Egg Patty (E,M) Mixed Fruit 1% Milk (M)	French Toast Sticks with Syrup (E,M,S,W) Applesauce 1% Milk (M)	Whole Wheat Toast (S,W,SE) Turkey Sausage Patty OR Veggie Sausage Patty (E,M,S,W) 1% 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 Fresh Oranges 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)	Baked Whole Grain Breaded Chicken Nuggets (S,W) with BBQ Sauce Seasoned Baked Potato Wedges (W) Steamed Cauliflower Tropical Fruit 1% Milk (M)	Pierogi (E,M,S,W) with Marinara Dipping Sauce Steamed Green Beans Fresh Honeydew & Cantaloupe 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)
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 Soy Butter (S) Tortilla Roll Up (W)	Cheese (M,S) & On Saltine Crackers (S,W)	Sliced Cucumbers with Roasted Red Pepper Hummus (S,SE)	Turkey & Cheese Roll Up (M,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

Young Preschool
Preschool
K-Prep



Monday

Tuesday

Wednesday

Thursday

Friday

Early Breakfast 7:00-8:00	Apple Cinnamon Muffins (E,M,W) Tropical Fruit Salad 1% Milk (M)	French Toast Sticks with Syrup (E,M,W,S) Applesauce 1% Milk (M)	Life Cereal (W) Diced Peaches & Pears 1% Milk (M)	Baked Whole Grain Pancakes with Syrup (E,M,S,W) Fresh Sliced Strawberries 1% Milk (M)	Corn Flakes Cereal (S) Fruit Cocktail 1% Milk (M)
Late Breakfast/AM Snack 8:30-9:30	Turkey Sausage Patty OR Veggie Sausage Patty (E,M,S,W) Wheat Toast (S,W,SE) 1% Milk (M)	Scrambled Eggs (E,M) Diced Peaches 1% Milk (M)	Bagels (W,SE) w/ Cream Cheese (M) Mixed Fruit 1% Milk (M)	Sliced Banana Bread (E,M,S,W) Mandarin Oranges 1% Milk (M)	Egg Patty (E,M) Pork Sausage Patty (CP) OR Veggie Sausage Patty (E,M,S,W) 1% Milk (M)
Lunch 11:00-12:30	Whole Wheat Spaghetti with Meatballs (M,S,W,E) Steamed Cauliflower Cheese Breadstick (M,S,W) Fresh Oranges 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)	Chicken Fajita Strips Mashed Potatoes (M) with Gravy (M,S,W) Steamed Corn Fresh Organic Apples 1% Milk (M)	Sloppy Joes Served on Whole Wheat Bun (W,SE) Vegetarian Baked Beans Fresh Bananas 1% Milk (M)	Roast Turkey Homemade Dressing (S,W) Turkey Gravy (M,S,W) Lima Beans Fresh Apples 1% 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) Vegetable Soup	Vegan Samosas (W) with Mango Chutney	Vegetarian Burger on Whole Wheat Bun (S,W,SE) Vegetarian Baked Beans	Steamed Rice and Vegetables with Sweet Potato Vegetable Burger (S)
PM Refreshments 3:00-3:30	Chicken Salad (W,E) on Naan Bread (E,M,S,W,SE)	Organic Apples with Soy Butter Dip (S)	Egg Salad (E) & Pita Points (W)	Soy Butter (S) & Jelly Sandwiches (W,SE)	Blueberry Muffin (E,M,S,W)



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

Young Preschool
Preschool
K-Prep



Monday

Tuesday

Wednesday

Thursday

Friday

Early Breakfast 7:00-8:00	Sliced Blueberry Bread (E,M,S,W) Mixed Fruit 1% Milk (M)	Baked Whole Grain Pancakes with Syrup (E,M,S,W) Tropical Fruit 1% Milk (M)	Whole Grain Cheerios Diced Peaches 1% Milk (M)	Cinnamon Swirl Toast (S,W) Sliced Peaches 1% Milk (M)	Life Cereal (W) Fresh Strawberries 1% 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) 1% Milk (M)	Yogurt Parfait (M) with Preschool- Granola (S) Young Preschool- Rice Krispies 1% Milk (M)	English Muffin with Jelly (S,W,SE) Fresh Pears 1% Milk (M)	Egg Omelets (E,M) Mixed Fruit 1% Milk (M)	Turkey Sausage Patty OR Veggie Sausage Patty (E,M,S,W) Diced Fruit Cocktail 1% Milk (M)
Lunch 11:00-12:30	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)	Baked Whole Grain Breaded Chicken Nuggets (S,W) Cosmic Potatoes with Ranch Dip (E,M) & Ketchup Sliced Yellow squash Organic Gala Apples 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 1% Milk (M)	Jamaican Red Beans & Rice Fajita Chicken Strips Steamed Normandy Blend Vegetables Fresh Organic Apples 1% Milk (M)	Whole Grain Cheese Pizza (M,S,W) Mixed Vegetables Fresh Lettuce Salad with Italian Dressing Fresh Bananas 1% Milk (M)
Vegetarian Lunch	Taco with Refried Beans, Lettuce, Cheese & 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	Carrot & Celery Sticks with Hummus (S,SE) Young Preschool- Naan Bread (E,M,S,W,SE) w/ Hummus (S,SE)	Pita Points (M,W) & Sliced Turkey Vegetarians- Sliced Cheese (M,S)	Granny Smith Apples with Yogurt Dip (M)	Chicken Salad (W,E) On Saltine Crackers (S,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

Young Preschool
Preschool
K-Prep

Week 6



Monday

Tuesday

Wednesday

Thursday

Friday

Early Breakfast 7:00-8:00	Cream of Wheat (W) Diced Peaches 1% Milk (M)	Sliced Banana Bread (E,M,S,W) 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)	Cinnamon Swirl Toast (S,W) Diced Pears 1% Milk (M)
Late Breakfast/AM Snack 8:30-9:30	English Muffin with Jelly (S,W,SE) Fresh Pears 1% Milk (M)	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) Rice Krispies Cereal Diced Tropical Fruit 1% Milk (M)	Egg Patty (E,M) Wheat Toast (S,W,SE) 1% Milk (M)
Lunch 11:00-12:30	Beef Ravioli (E,M,S,W) Cheddar Cheese Biscuits (M,S,W) Steamed Cauliflower Fresh Orange Slices 1% 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 1% Milk (M)	Bean & Cheese Burrito (W,S,M) Spanish Rice Salsa & Sour Cream (M) Steamed Succotash Vegetable Blend Fresh Bananas 1% Milk (M)	Baked Ham (CP) Sweet Potato Puffs Steamed Malibu Blend Vegetables Pineapple Rings 1% Milk (M)	Baked Whole Grain Breaded Chicken Nuggets (S,W) BBQ Sauce Crinkle Cut Potatoes Steamed Green & Yellow Beans Organic Gala Apples 1% 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	Soy Butter (S) & Jelly Sandwich (W,SE)	Broccoli & Cauliflower with Ranch Dressing (E,M) Young Preschool- Fruit Crunch Bars (M,W) Fresh Apples	Egg Salad (E) on Saltine Crackers (S,W)	Hummus (S,SE) with Pita Points (M,W)	Fresh Sliced Sweet Bell Peppers w/ Ranch Dressing (M,E)



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