

## Planting Seeds of Hope Children's Center Menu

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
8/29/22 - 9/2/22	<b>AM-</b> Mandarin Oranges, Nilla Wafers & Water <b>Lunch-</b> Pepperoni Pizza Pasta Casserole, Peas, Pears & Milk <b>PM-</b> Cheez Its & Juice	<b>AM-</b> Scrambled Eggs & Juice <b>LUNCH-</b> <b>PBJ Sandwich</b> , Corn, Mand. Oranges & Milk <b>PM-</b> Fig Newton & Juice	<b>AM-</b> Pancakes & Juice <b>LUNCH-</b> Hot Dog with Bun, Carrots, Applesauce & Milk <b>PM-</b> <b>Apple Slice w/Peanut Butter&amp; Water</b>	<b>AM-</b> Granola Bar & Juice <b>LUNCH-</b> Hamburger Tator Tot Casserole , Green Beans, Peaches & Milk <b>PM-</b> Peppers, Cheese Stick & Water	<b>AM-</b> Butter Toast & Juice <b>LUNCH-</b> Fish Sticks, Mixed Veggies, Pineapple & Milk <b>PM-</b> Chex Mix & Juice
9/5/22 - 9/9/22	<b>Center Closed Labor Day</b>	<b>AM-</b> Yogurt, Graham Cracker & Water <b>LUNCH-</b> Meat & Cheese Sandwich, Corn, Peaches & Milk <b>PM-</b> Goldfish & Juice	<b>AM-</b> Cottage Cheese, Wheat Thins & Water <b>LUNCH-</b> Chicken Patty Sandwich , Gr Beans, Pineapple & Milk <b>PM-</b> Cucumbers w/ Ranch & Juice	<b>AM-</b> Muffins & Juice <b>LUNCH-</b> Pepperoni Pizza Quesadilla, Mixed Veggies, Mand Oranges & Milk <b>PM-</b> Hummus w/ Pita Bread & Water	<b>AM-</b> Cereal & Juice <b>LUNCH-</b> Sloppy Joe Bake, Carrots, Applesauce & Milk <b>PM-</b> <b>Peanut Butter Crackers&amp; Juice</b>
9/12/22 - 9/16/22	<b>AM-</b> Apple Cinn. Oatmeal & Juice <b>Lunch-</b> Cheeseburger on Bun, Mixed Veggies, Peaches & Milk <b>PM-</b> Carrot Sticks w/ Ranch & Juice	<b>AM-</b> French Toast & Juice <b>Lunch-</b> Turkey & Rice, Peas, Pineapple & Milk <b>PM</b> Pudding, Wafers & Water	<b>AM-</b> Hard Boiled Egg & Juice <b>Lunch-</b> Meat Ravioli, Carrots, Pears & Milk <b>PM-</b> Goldfish & Juice	<b>AM-</b> Sausage Patty & Juice <b>Lunch-</b> Fish Sticks, Green Beans, Applesauce & Milk <b>PM-</b> Cheez Its & Juice	<b>AM-</b> Pancakes & Juice <b>Lunch-</b> Beef Burrito, Corn, Mand. Oranges & Milk <b>PM-</b> Cheese Stick w/ Pretzels & Water
9/19/22 - 9/23/22	<b>AM-</b> Yogurt, Graham Cracker & Water <b>Lunch-</b> Mac & Cheese w/ Hot Dog, Corn, Peaches & Milk <b>PM-</b> <b>Peanut Butter Crackers&amp; Juice</b>	<b>AM-</b> Pancakes & Juice <b>Lunch-</b> Chicken Patty Sandwich, Green Beans, Mand. Oranges & Milk <b>PM-</b> <b>Apple Slice w/Peanut Butter&amp; Water</b>	<b>AM-</b> Muffins & Juice <b>Lunch-</b> <b>PBJ Sandwich</b> , Peas, Applesauce & Milk <b>PM-</b> Chex Mix & Juice	<b>AM-</b> ½ Banana w/ Nilla Wafers & Water <b>Lunch-</b> Pasta with Meat Sauce, Mixed Veggies, Pineapple & Milk <b>PM-</b> Cucumbers w/ Ranch & Juice	<b>AM-</b> Granola Bar & Juice <b>Lunch-</b> Meat & Cheese Sandwich, Carrots, Pears & Milk <b>PM-</b> Fig Newton & Juice
9/26/22 - 9/30/22	<b>AM-</b> Cereal & Juice <b>Lunch-</b> Turkey Ranch Quesadilla, Green Beans, Applesauce & Milk <b>PM-</b> Goldfish & Juice	<b>AM-</b> Hard Boiled Egg & Juice <b>Lunch-</b> Hamburger Taco Soup with Pita Bread, Carrots, Pineapple & Milk <b>PM-</b> Peppers, Cheese Stick & Water	<b>AM-</b> Apple Cinn. Oatmeal & Juice <b>Lunch-</b> Hot Dog w/ Bun, Corn, Peaches & Milk <b>PM-</b> Hummus w/ Pita Bread & Water	<b>AM-</b> Sausage Patty & Juice <b>Lunch-</b> Turkey & Rice, Peas, Pears & Milk <b>PM-</b> Pudding, Wafers & Juice	<b>AM-</b> French Toast & Juice <b>Lunch-</b> Hamburger on Bun, Mixed Veggies, Mand. Oranges & Milk <b>PM-</b> Pretzels & Juice

Juice is 100% Juice-Infant 2 have milk to drink at all snacks and meals.

Infant 2 do not get any Peanut Butter - **PBJ is substituted with a meat & cheese with crackers, Cheese PB Crackers is substituted with other crackers,**