

## Planting Seeds of Hope Children's Center Menu

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
5/2/22 - 5/6/22	<b>AM</b> -Granola Bar & Juice  <b>LUNCH</b> - Chicken Patty Sandwich, Mixed Veggies, Mand. Oranges & Milk <b>PM</b> -Cheez Its & Juice	<b>AM</b> -Fruit Cup & Juice  <b>LUNCH</b> - Fish Sticks, Peas, Applesauce & Milk <b>PM</b> -Cucumbers w/ Ranch & Juice	<b>AM</b> -Yogurt, Graham Cracker & Water <b>LUNCH</b> - PBJ Sandwich, Carrots, Pineapple & Milk <b>PM</b> -Fig Newton & Juice	<b>AM</b> -French Toast Sticks & Juice <b>LUNCH</b> - Pepperoni Pizza Burgers, Corn, Pears & Milk <b>PM</b> -Cheese Stick, Pretzels & Water	<b>AM</b> -Sausage Patty & Juice  <b>LUNCH</b> - Pasta w/ Meat Sauce, Green Beans, Peaches & Milk <b>PM</b> -Apple Slice w/Peanut Butter & Water
	<b>AM</b> - Mand. Oranges w/ Nilla Wafers & Water <b>LUNCH</b> - Cheeseburgers, Peas, Pears & Milk <b>PM</b> -Pudding & Juice	<b>AM</b> - Cereal & Juice  <b>LUNCH</b> - Pepperoni Pizza Rolls, Corn, Peaches & Milk <b>PM</b> -Hummus w/ Pita Bread & Water	<b>AM</b> -Scrambled Eggs & Juice <b>LUNCH</b> - Mac & Cheese w/ Hot Dog, Gr Beans, Pineapple & Milk <b>PM</b> -Goldfish & Juice	<b>AM</b> - Muffins & Juice  <b>LUNCH</b> - Meat & Cheese Sandwich, Salad, Mand Oranges & Milk <b>PM</b> - Peanut Butter Crackers & Juice	<b>AM</b> -Pancakes & Juice  <b>LUNCH</b> - Beef Burrito, Carrots, Applesauce & Milk <b>PM</b> -Chex Mix & Juice
5/16/22 - 5/20/22	<b>AM</b> - Cottage Cheese. Wheat Crackers & Water <b>LUNCH</b> - Hot Dog w/bun, Carrots, Pineapple & Milk <b>PM</b> - Peppers, Cheese stick & Water	<b>AM</b> - Pancakes & Juice  <b>LUNCH</b> - PBJ Sandwich, Gr Beans, Peaches & Milk <b>PM</b> - Fig Newtons & Juice	<b>AM</b> -Apple Cinn. Oatmeal & Juice <b>LUNCH</b> - Pasta w/ Meat Sauce, Corn, Peaches & Milk <b>PM</b> - Cheez Its & Juice	<b>AM</b> - Granola bar & Juice  <b>LUNCH</b> - Sausage Breakfast Casserole, Peas, Applesauce & Milk <b>PM</b> - Cucumbers w/ Ranch & Juice	<b>AM</b> - French Toast & Juice  <b>LUNCH</b> - Chicken Patty Sandwich, Mixed Veggies, Mand. Oranges & Milk <b>PM</b> - Pretzels, Nacho Cheese & Water
	<b>AM</b> - Cereal & Juice  <b>LUNCH</b> - Meat Ravioli, Gr Beans, Peaches & Milk <b>PM</b> - Goldfish & Juice	<b>AM</b> - Yogurt, Graham Cracker & Water <b>LUNCH</b> - Turkey Ranch Quesadilla, Corn, Mand. Oranges & Milk <b>PM</b> - Hummus Pita Bread & Water	<b>AM</b> - Sausage Patty & Juice  <b>LUNCH</b> - Salad with chicken and crackers, Mixed Veggies, Pears & Milk <b>PM</b> - Apple Slice w/ Peanut Butter & Water	<b>AM</b> - Butter Toast & Juice  <b>LUNCH</b> - Pepperoni Pizza Quesadilla, Peas, Pineapple & Milk <b>PM</b> - Carrot Sticks w/ Ranch & Juice	<b>AM</b> - Fruit Cup & juice  <b>LUNCH</b> - Hamburger Sandwich, Carrots, Applesauce & Milk <b>PM</b> - Pudding & 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, Yogurt & Cottage, Pudding and Cheese snacks fruit &/wafers are added to the snack.