

## Planting Seeds of Hope Children's Center Menu

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
1/30/23 - 2/3/23	<b>AM</b> -Cereal & Juice  <b>LUNCH</b> - Cheeseburgers, Mixed Veggies, Mand. Oranges & Milk <b>PM</b> -Cheez Its & Juice	<b>AM</b> -Scrambled Egg & Juice <b>LUNCH</b> - Beef Burrito, Peas, Applesauce & Milk <b>PM</b> -Apple Slice w/ Peanut Butter & Water	<b>AM</b> -Pancakes & Juice  <b>LUNCH</b> - Hot Dog w/bun, Carrots, Pineapple & Milk  <b>PM</b> - Cheese Stick,Pretzels & Water	<b>AM</b> -Granola Bar & Juice <b>LUNCH</b> - Personal Pepperoni Pizza, Corn, Pears & Milk <b>PM</b> -PB Crackers & Juice	<b>AM</b> - Yogurt w/graham cracker & Water <b>LUNCH</b> - Pasta w/ Meat Sauce, Green Beans, Peaches & Milk <b>PM</b> -Chex Mix & Juice
	2/6/23 - 2/10/23	<b>AM</b> - Mand. Oranges w/ Nilla Wafers & Water <b>LUNCH</b> - Chicken Patty Sandwich, Peas, Pears & Milk <b>PM</b> -Pudding & Juice	<b>AM</b> - French Toast & Juice <b>LUNCH</b> - Pepperoni Pizza Rolls, Corn, Peaches & Milk <b>PM</b> -Hummus w/ Pita Bread & Water	<b>AM</b> - Apple Cinn. Oatmeal & 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, Mixed Veggies, Mand Oranges & Milk <b>PM</b> - Cucumbers w/ Ranch & Juice
2/13/23 - 2/17/23	<b>AM</b> - Granola Bar & Juice <b>Lunch</b> - Hot Dog w/bun, Carrots, Pineapple & Milk <b>PM</b> - Peppers, Cheese Stick & Water	<b>AM</b> - Cottage Cheese w/ Wheat Thins & Water <b>Lunch</b> - PBJ Sandwich, Gr Beans, Pears & Milk <b>PM</b> - Chex Mix & Juice	<b>AM</b> - Nilla Wafer w/ ½ Banana & Water <b>Lunch</b> - Pasta w/ Pepperoni, Corn, Peaches & Milk <b>PM</b> - Cheez Its & Juice	<b>AM</b> - Pancakes & Juice  <b>Lunch</b> - Fish Sticks, Peas, Applesauce & Milk <b>PM</b> - Pretzel & Juice	<b>AM</b> - Cereal & Juice <b>Lunch</b> - Hamburger Sandwich, Mixed Veggies, Mand. Oranges & Milk <b>PM</b> - PB Crackers & Juice
2/20/23 - 2/24/23	<b>AM</b> - French Toast & Juice <b>Lunch</b> - Meat Ravioli, Gr Beans, Peaches & Milk  <b>PM</b> - Carrot Sticks w/ Ranch & Juice	<b>AM</b> - Sausage Patty & Juice <b>Lunch</b> - Turkey Ranch Quesadilla, Corn, Mand. Oranges & Milk <b>PM</b> - Hummus Pita Bread & Water	<b>AM</b> - Yogurt w/graham cracker & Water <b>Lunch</b> - Tater Tot Hamburger Casserole, Mixed Veggies, Pears & Milk <b>PM</b> - Pudding & Juice	<b>AM</b> - Apple Cinn. Oatmeal & Juice <b>Lunch</b> - Pepperoni Pizza Casserole, Carrots, Pineapple & Milk <b>PM</b> - Apple Slice w/peanut Butter & Water	<b>AM</b> - Scrambled Egg & Juice <b>Lunch</b> - Chicken Patty Sandwich, Peas, Applesauce & Milk  <b>PM</b> - Goldfish & 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.