

Planting Seeds of Hope Children's Center Menu

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
1/2/23 - 1/6/23	No School	AM -Yogurt, Graham Cracker & Water LUNCH - Hot Dog w/Bun, Corn, Mand Oranges & Milk PM -Hummus Pita Bread & Water	AM -Muffins & Juice LUNCH - Hamburger Tater Tot Casserole, Mixed Veggies, Pears & Milk PM -Apple Slice w/Peanut Butter & Juice	AM -Pancakes & Juice LUNCH - Pepperoni Rollss, Pineapple & Milk PM -Nacho Cheese w/ Pretzels & Water	AM -Hard Boiled Egg & Juice LUNCH - Hamburger Sandwich, Peas, Applesauce & Milk PM -Goldfish & Juice
1/9/23 - 1/13/23	AM - Graham Cracker w/ ½ Banana & Water LUNCH - Fish Sticks, Carrots, Pineapple & Milk PM - Cheez Its, & Juice	AM -Granola bar & Juice LUNCH - PBJ Sandwich, Gr Beans, Pears & Milk PM - Wheat Thins & Juice	AM -Apple Cinn. Oatmeal & Juice LUNCH - Pasta w/ Meat Sauce, Corn, Peaches & Milk PM --Peppers, Cheese Stick & Water	AM - Sausage Patty & Juice LUNCH - Beef Burrito, Peas, Applesauce & Milk PM -Chex Mix & Juice	AM -French Toast Sticks & Juice LUNCH - Chicken Patty Sandwich, Mixed Veggies, Mand. Oranges & Milk PM -Fig Newtons & Juice
1/16/23 - 1/20/23	AM - Mand. Oranges w/ Nilla Wafers & Water LUNCH - Cheeseburgers, Peas, Pears & Milk PM - PBJ Roll Ups & Water	AM - Cereal & Juice LUNCH - Pepperoni Pizza Casserole, Corn, Peaches & Milk PM -Hummus w/ Pita Bread & Water	AM -Scrambled Egg & Juice LUNCH - Mac & Cheese w/ Hot Dog, Gr Beans, Pineapple & Milk PM -Goldfish & Juice	AM - Muffins & Juice LUNCH - Turkey Sliders, Mixed Veggies, Mand Oranges & Milk PM - Pudding w/ Graham Cracker & Water	AM - Yogurt, Graham Cracker & Water LUNCH - Meat Ravioli, Carrots, Applesauce & Milk PM -Nacho Cheese w/ Pretzels & Water
1/23/23 - 1/27/23	AM -Granola Bar & Juice LUNCH - Chicken Patty Sandwich, Mixed Veggies, Mand. Oranges & Milk PM - Cucumbers w/ Ranch & Juice	AM -Hard Boiled Egg & Juice LUNCH - Tater Tot Hamburger Casserole, Peas, Applesauce & Milk PM -Fig Newtons & Juice	AM -Pancakes & Juice LUNCH - Meat and Cheese Sandwich, Carrots, Pineapple & Milk PM -PB Crackers & Juice	AM -French Toast Sticks & Juice LUNCH - Hot Dog w/ Bun, Corn, Pears & Milk PM -Chex Mix & Juice	AM -Sausage Patty & Juice LUNCH - PBJ Sandwich, Green Beans, Peaches & Milk PM -Cheese Its & 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.