**Early Beginnings Child Development Center Monthly Menu**

Monday Tuesday Wednesday Thursday Friday

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| **1.**  **B: WG Cheerios Cereal, Milk,**  **L: Turkey and Cheese Sandwich, Corn, Bananas, WG Sliced Bread, Milk**  **S: Graham Crackers, 100% Peach Juice**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets)** | 2..  **B: Waffle, W/Syrup, Milk**  **L: Shepherd’s Pie, (Hamburger & Mashed Potatoes), Mixed Veggies, Tropical Fruit, WG Slice bread, Milk**  **S: Sliced Apples, Cheese Slice Water**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets)** | 3**.**  **B: Buttered Grits, Milk**  **L: Dino Nuggets, Carrots, Lima Beans, Pineapples, Milk**  **S: Goldfish, 100% White Grape Juice**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets)** | **4.**  **B: WG Toast w/Jelly, Milk**  **L: Fish Sticks, Sliced WG Bread, Peas, Mangos Milk**  **S: Goldfish (infants, toddler, twos), Tortilla Chips and Sauce, 100% Peach Juice**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets)** | 5.  **B: Special K Cereal, Milk**  **L: Chicken Patties, WG Hamburger buns, Green Beans, Mandarin Oranges, Milk**  **S: Cheez Its, 100% Peach Juice**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets)** |
| **8.**  **B: WG Cheerios Cereal, Milk**  **L: Cheese Quesadillas, WG Tortillas, Black beans, Sliced Apples, Milk**  **S: Applesauce, Pretzels, Water**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets)** | **9.**  **B: Pancakes W/Syrup, Milk**  **L: Homemade Spaghetti w/ Meat Sauce, Carrots, Peaches, WG Noodles, Milk**  **S: Cheese Sticks, Animal Crackers, Water**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets)** | **10.**  **B: Apple Oatmeal, Milk**  **L: Chicken & WG Rice, Broccoli, Pears, Milk**  **S: Ritz crackers (infants, toddlers, twos), Carrots & Ranch dressing, Orange Citrus Juice**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets)** | **11.**  **B: WG Multigrain English Muffins, Milk**  **L: Chicken Tacos, Sliced Potatoes, Mixed Fruit, WG Sliced bread, Milk**  **S: Wheat Thins, 100% Grape Juice**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets** | **12**  **B: WG Mini Wheat Cereal, Milk**  **L: Cheese Pizza w/ extra Cheese, Pinto Beans, Pizza Crust, Apple Sauce, Milk**  **S: Sliced WG Bread & Turkey Slice & Water**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets)** |
| **15.**  **B: WG Cheerios Cereal, Milk**  **L: Mac & Cheese, Sweet Potatoes, Bananas, & Milk**  **S: Animal Crackers, Apple Juice**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets)** | **16.**  **B: French Toast Sticks W/Syrup, Milk**  **L: Beef Ravioli, WG Sliced Bread, Corn, Tropical fruit, Milk**  **S: Pretzels, 100 % White Grape Juice**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets)** | **17.**  **B: Grits W/Cheese Milk**  **L: Chicken, Noodles W/Alfredo Sauce, Mixed Vegetables, Pineapples, Milk**  **S: Rice Cakes & Sliced Apples Water**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets)** | **18.**  **B: Biscuits w/Grape Jelly, Milk**  **L: Fish Tacos, Lima Beans, Mangos, WG Tortilla, Milk**  **S: Graham Crackers, 100% Tangerine Juice**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets)** | **19.**  **B: Life Cereal, Milk**  **L: Ham & Cheese Sandwich, WG Sliced Bread, Sweet Peas, Mandarin Oranges, Milk**  **S: WG Wheat Thin Crackers, 100% Peach Juice**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets)** |
| **22.**  **B: WG Cheerios Cereal Milk**  **L: Grilled Cheese, WG Sliced Bread, Baked beans, Peaches, Rolls, Milk**  **S: Wheat Thins, Bananas, Water**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets)** | **23.**  **B: WG Bagels W/Cream Cheese, Milk**  **L: Salisbury Steak, WG Sliced Bread, Green beans, Sliced Apples, Milk**  **S: Ritz crackers, fruit cups, Water**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets)** | **24.**  **B: Oatmeal, Milk**  **L: Teriyaki Chicken Black Beans, WG Sliced Bread, Pears, Milk**  **S: Graham Crackers, 100% Apple Juice**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets** | **25.**  **B: WG Bread, Cheese Toast, Milk**  **L: Beef Tacos, Cheese, WG Tortillas, Carrots and Peas, Mixed Fruit, Milk**  **S: Cucumbers & Ranch dressing, Water**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets)** | **26.**  **B: Multi Grain Cheerio, Milk**  **L: Meatballs, Mashed Potatoes, Apple Sauce, WG Sliced Bread**  **S: Goldfish, Raisin, Apple Juice**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets)** |
| **29.**  **B: WG Cheerios Cereal, Milk,**  **L: Ham and Cheese Sandwich, Carrots, Bananas, WG Sliced Bread, Milk**  **S: Graham Crackers, 100% Peach Juice**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets)** | **30.**  **B: French Toast & Milk**  **L: Chicken Salad, Broccoli, Tropical Fruit, WG Crackers, Milk**  **S: Rice Cakes & White Grape Juice**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets** | **31.**  B: **WG Grits, Milk**  **L: Meat Loaf, Sliced Potatoes, Pineapples, Sliced WG Bread, Milk**  **S: Cheese Sticks, Animal Crackers, Water**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets)** |  | **August 2022**  **Menu subject to change based on availability\*Alternative Milk (Soy, Lactose Free, Rice or Organic) from home provided as a substitute when necessary.**  **\*Whole Milk for Infants and Toddlers**  **\* 1% Milk for 2’s, 3’s & 4’s**  **\* Early Beginnings doesn’t’**  **serve ANY flavored milk** |
|  |  | **30**  B: French Toast Sticks, Milk  **L: Meat Loaf, Pinto Beans, Tropical Fruit, Sliced WG Bread, Milk**  **S: Cheese Sticks, Animal Crackers, Water**  **(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets)** |  |  |
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**31.**

**B: WG Cheerios Cereal, Milk,**

**L: Ham and Cheese Sandwich, Corn, Pears, WG Sliced Bread, Milk**

**S: Graham Crackers, 100% Peach Juice**

**(Protein Substitutes are as followed: Veggie Patties or Veggie Nuggets)**

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