**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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