

**Zearing Child Enrichment Center
September 2017**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 AM snack: Cooks choice, water BR: Muffin, oranges, milk Lunch: Turkey sandwich, green beans, fruit, milk PM snack: Banana bread, milk Snack: Cooks choice, water
4 ZCEC Closed- Have a safe Labor Day!	5 AM: Cooks choice, water BR: Cereal, banana, milk Lunch: Beef taco, tortilla, shredded cheese, lettuce, salsa, sour cream, green beans, pineapple, milk PM snack: Goldfish crackers, juice Snack: Cooks choice, water	6 AM snack: Cooks choice, water BR: Sausage biscuit, fruit cocktail, milk Lunch: Ham & cheese sub sandwich, chips*, carrots, peaches, milk PM snack: Apple slices, crackers, water Snack: Cooks choice, water <i>*Inf-2 – no chips for the children</i>	7 AM snack: Cooks choice, water BR: Cereal, grapes, milk Lunch: Creamed chicken on biscuit, peas, mandarin oranges, milk PM snack: Chex mix, juice Snack: Cooks choice, water	8 AM snack: Cooks choice, water BR: Cinnamon roll, peaches, milk Lunch: Sausage French bread pizza, California blend, fruit, milk PM snack: Cookie, milk Snack: Cooks choice, water
11 AM: Cooks choice, water BR: Sausage cornbread muffin, pears, milk Lunch: Chicken strips, peas, rice pilaf, mandarin oranges, milk PM snack: Animal crackers, apples, water Snack: Cooks choice, water	12 AM snack: Cooks choice, water BR: Cereal, oranges, milk Lunch: Ham patty & scalloped potatoes, green beans, pears, bread & butter, milk PM snack: Pita bread, dip, juice Snack: Cooks choice, water	13 AM snack: Cooks choice, water BR: Waffle, syrup, tropical fruit, milk Lunch: Chicken salad sandwich, chips, carrots w/ranch, peaches, milk PM snack: Fresh fruit, string cheese, water Snack: Cooks choice, water <i>*Inf-2 – no chips for the children, cooked carrots</i>	14 AM snack: Cooks choice, water BR: Cereal, apples, milk Lunch: Spanish rice w/hamburger, peas, breadstick, applesauce, milk PM snack: Mini pizza bites, juice Snack: Cooks choice, water	15 AM snack: Cooks choice, water BR: Egg biscuit, pears, milk Lunch: Sloppy Joe, bun, peas, fruit, milk PM snack: Rice krispie treat, milk Snack: Cooks choice, water
18 AM snack: Cooks choice, water BR: Toast, jelly, pears, milk Lunch: Hamburger noodle casserole, California blend, applesauce, roll, milk PM snack: Granola bar, pears, water Snack: Cooks choice, water	19 AM snack: Cooks choice, water BR: Cereal, banana, milk Lunch: Chicken & cheese taquito, green beans, mandarin oranges, milk PM snack: Ranch crackers or ranch pretzels*, juice Snack: Cooks choice, water <i>*PreK-SA only</i>	20 AM snack: Cooks choice, water BR: Muffin, peaches, milk Lunch: BLT wrap, peas, cottage cheese, fruit cocktail, milk PM snack: Crackers, string cheese, water Snack: Cooks choice, water	21 AM snack: Cooks choice, water BR: Cereal, grapes, milk Lunch: Meatloaf, mashed potatoes w/gravy, broccoli, pears, roll, milk PM snack: Breadstick w/marinara sauce, juice Snack: Cooks choice, water	22 AM snack: Cooks choice, water BR: Pancake, syrup, pineapple, milk Lunch: Chicken patty, bun, carrots, fruit, milk PM snack: Cookie, milk Snack: Cooks choice, water
25 AM snack: Cooks choice, water BR: Coffee cake, pears, milk Lunch: Hamburger w/cheese, bun, baked beans, peaches, milk PM snack: Yogurt, pretzels*, apples, water Snack: Cooks choice, water <i>*PreK-SA only</i>	26 AM snack: Cooks choice, water BR: Cereal, oranges, milk Lunch: Tortellini w/meat sauce, peas, pears, milk PM snack: Soft pretzel w/cheese, juice Snack: Cooks choice, water	27 AM snack: Cooks choice, water BR: Bagel w/ cream cheese, peaches, milk Lunch: Fish nuggets green beans, applesauce, milk PM snack: Pineapple, cottage cheese, water Snack: Cooks choice, water	28 AM snack: Cooks choice, water BR: Cereal, apples, milk Lunch: Sweet & sour chicken w/rice, broccoli, pineapple, milk PM snack: Veggies, dip, juice Snack: Cooks choice, water	29 AM snack: Cooks choice, water BR: English muffin, jelly, pineapple, milk Lunch: Mac n' Cheese, green beans, fruit, milk PM snack: Lemon bread, milk Snack: Cooks choice, water