


**Zearing Child Enrichment Center  
July 2017**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>3</b>  <b>AM:</b> Cooks choice, water  <b>BR:</b> Coffee cake, pineapple, milk  <b>Lunch:</b> Baked chicken, peas &amp; carrots, fruit cocktail, bread &amp; butter, milk  <b>PM snack:</b> Yogurt, pretzels, apples, water  <b>Snack:</b> Cooks choice, water</p>	<p style="text-align: center;"><b>4</b>  <b>ZCEC CLOSED –  HAPPY FOURTH OF JULY!</b></p> 	<p><b>5</b>  <b>AM snack:</b> Cooks choice, water  <b>BR:</b> Breakfast burrito, pears, milk  <b>Lunch:</b> Chef salad w/chicken, cheese, tomatoes, hard boiled eggs, croutons, carrots, watermelon, crackers, milk  <b>PM snack:</b> Monkey bread, apple slices, water  <b>Snack:</b> Cooks choice, water  <i>*Inf-2 – Crackers w/ham &amp; cheese slices, cooked carrots</i></p>	<p><b>6</b>  <b>AM snack:</b> Cooks choice, water  <b>BR:</b> Cereal, apples, milk  <b>Lunch:</b> Scrambled eggs w/ham, hash brown patty, pears, toast, milk  <b>PM snack:</b> Pudding, vanilla wafers, juice  <b>Snack:</b> Cooks choice, water</p>	<p><b>7</b>  <b>AM snack:</b> Cooks choice, water  <b>BR:</b> English muffin, jelly, pineapple, milk  <b>Lunch:</b> Mac n’ cheese, green beans, fruit, roll, milk  <b>PM snack:</b> Lemon bread, milk  <b>Snack:</b> Cooks choice, water</p>
<p><b>10</b>  <b>AM:</b> Cooks choice, water  <b>BR:</b> French toast sticks, syrup, pineapple, milk  <b>Lunch:</b> Biscuit w/gravy, sausage patty, hash brown patty, pears, milk  <b>PM snack:</b> Tortilla roll up w/turkey &amp; cheese, water  <b>Snack:</b> Cooks choice, water</p>	<p><b>11</b>  <b>AM:</b> Cooks choice, water  <b>BR:</b> Cereal, banana, milk  <b>Lunch:</b> Beef taco, tortilla, shredded cheese, lettuce, salsa, sour cream, green beans, peaches, milk  <b>PM snack:</b> Goldfish crackers, juice  <b>Snack:</b> Cooks choice, water</p>	<p><b>12</b>  <b>AM snack:</b> Cooks choice, water  <b>BR:</b> Sausage biscuit, fruit cocktail, milk  <b>Lunch:</b> Ham &amp; cheese sub sandwich, chips*, carrots, pineapple, milk  <b>PM snack:</b> Apple slices, crackers, water  <b>Snack:</b> Cooks choice, water  <i>*Inf-2 – no chips for the children</i></p>	<p><b>13</b>  <b>AM snack:</b> Cooks choice, water  <b>BR:</b> Cereal, grapes, milk  <b>Lunch:</b> Creamed chicken on biscuit, peas, mandarin oranges, milk  <b>PM snack:</b> Chex mix, juice  <b>Snack:</b> Cooks choice, water</p>	<p><b>14</b>  <b>AM snack:</b> Cooks choice, water  <b>BR:</b> Cinnamon roll, peaches, milk  <b>Lunch:</b> Sausage French bread pizza, California blend, fruit, milk  <b>PM snack:</b> Cookie, milk  <b>Snack:</b> Cooks choice, water</p>
<p><b>17</b>  <b>AM:</b> Cooks choice, water  <b>BR:</b> Sausage cornbread muffin, pears, milk  <b>Lunch:</b> Chicken strips, peas, rice pilaf, mandarin oranges, milk  <b>PM snack:</b> Animal crackers, apples, water  <b>Snack:</b> Cooks choice, water</p>	<p><b>18</b>  <b>AM snack:</b> Cooks choice, water  <b>BR:</b> Cereal, oranges, milk  <b>Lunch:</b> Ham patty &amp; scalloped potatoes, green beans, pears, bread &amp; butter, milk  <b>PM snack:</b> Pita bread, dip, juice  <b>Snack:</b> Cooks choice, water</p>	<p><b>19</b>  <b>AM snack:</b> Cooks choice, water  <b>BR:</b> Waffle, syrup, tropical fruit, milk  <b>Lunch:</b> Chicken salad sandwich, chips, carrots w/ranch, applesauce, milk  <b>PM snack:</b> Fresh fruit, string cheese, water  <b>Snack:</b> Cooks choice, water  <i>*Inf-2 – no chips for the children, cooked carrots</i></p>	<p><b>20</b>  <b>AM snack:</b> Cooks choice, water  <b>BR:</b> Cereal, apples, milk  <b>Lunch:</b> Spanish rice w/hamburger, peas, breadstick, peaches, milk  <b>PM snack:</b> Mini pizza bites, juice  <b>Snack:</b> Cooks choice, water</p>	<p><b>21</b>  <b>AM snack:</b> Cooks choice, water  <b>BR:</b> Egg biscuit, pears, milk  <b>Lunch:</b> Sloppy Joe, bun, peas, fruit, milk  <b>PM snack:</b> Rice krispie treat, milk  <b>Snack:</b> Cooks choice, water</p>
<p><b>24</b>  <b>AM snack:</b> Cooks choice, water  <b>BR:</b> Toast, jelly, pears, milk  <b>Lunch:</b> Hamburger noodle casserole, California blend, applesauce, roll, milk  <b>PM snack:</b> Granola bar, pears, water  <b>Snack:</b> Cooks choice, water</p>	<p><b>25</b>  <b>AM snack:</b> Cooks choice, water  <b>BR:</b> Cereal, banana, milk  <b>Lunch:</b> Chickent &amp; cheese taquito, green beans, mandarin oranges, milk  <b>PM snack:</b> Ranch crackers or ranch pretzels*, juice  <b>Snack:</b> Cooks choice, water  <i>*PreK-SA only</i></p>	<p><b>26</b>  <b>AM snack:</b> Cooks choice, water  <b>BR:</b> Muffin, peaches, milk  <b>Lunch:</b> BLT wrap, peas, cottage cheese, fruit cocktail, milk  <b>PM snack:</b> Crackers, string cheese, water  <b>Snack:</b> Cooks choice, water</p>	<p><b>27</b>  <b>AM snack:</b> Cooks choice, water  <b>BR:</b> Cereal, grapes, milk  <b>Lunch:</b> Meatloaf, mashed potatoes w/gravy, broccoli, peaches, roll, milk  <b>PM snack:</b> Breadstick w/marinara sauce, juice  <b>Snack:</b> Cooks choice, water</p>	<p><b>28</b>  <b>AM snack:</b> Cooks choice, water  <b>BR:</b> Pancake, syrup, pineapple, milk  <b>Lunch:</b> Chicken patty, bun, carrots, fruit, milk  <b>PM snack:</b> Cookie, milk  <b>Snack:</b> Cooks choice, water</p>
<p><b>31</b>  <b>AM snack:</b> Cooks choice, water  <b>BR:</b> Cereal, oranges, milk  <b>Lunch:</b> Hamburger w/cheese, bun, baked beans, peaches, milk  <b>PM snack:</b> Soft pretzel w/cheese, juice  <b>Snack:</b> Cooks choice, water</p>				