

**Zearing Child Enrichment Center
September 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 BR: Pancake, syrup, bananas, milk* Lunch: Sloppy Joe, bun (WG), peas, mandarin oranges, milk* PM snack: Muffin, milk*
4 ZCEC CLOSED – LABOR DAY	5 BR: Cereal (WG), oranges, milk* Lunch: Hamburger noodle casserole, cauliflower, peaches, roll, milk* PM snack: Yogurt, juice	6 BR: Biscuit, jelly, grapes, milk* Lunch: Turkey & cheese sub sandwich (WG), green beans, chips*, applesauce, milk* PM snack: Cheeze its, fruit, water <i>Inf-2 – no chips</i>	7 BR: Waffle, (WG), syrup, pears, milk* Lunch: Chicken strips, rice pilaf, mixed veggies, mandarin oranges, milk* PM snack: Veggies w/ranch, juice	8 BR: Egg biscuit (WG), bananas, milk* Lunch: Mac n’ cheese, ham patty, peas, pears, milk* PM snack: Animal crackers, milk*
11 BR: Cereal (WG), apples, milk* Lunch: Beef & cheese quesadilla, mixed veggies, pineapple, milk* PM snack: Breadstick w/marinara, fruit, water	12 BR: Breakfast burrito, oranges, milk* Lunch: Biscuit (WG)w/gravy, sausage patty, hash brown patty, peaches, milk* PM snack: Soft pretzel w/cheese, juice	13 BR: Pancake on a stick, syrup, grapes, milk* Lunch: PB & J sandwich* (WG), cottage cheese, carrots, applesauce, milk* PM snack: Hard salami & crackers, water <i>Inf-2 – cooked carrots, jelly sandwich</i> <i>PreK – carrots w/ranch</i>	14 BR: Sausage biscuit (WG), pears, milk* Lunch: Pepperoni & cheese pizza, green beans, mandarin oranges, milk* PM snack: Chex mix, juice	15 (NOON DISMISSAL) BR: Cereal, bananas, milk* Lunch: Egg patty w/cheese, broccoli, pears, toast (WG), milk* PM snack: Muffin, milk*
18 BR: Toast (WG), jelly, apples, milk* Lunch: Meatballs w/gravy, mashed potatoes, pineapple, bread & butter, milk* PM snack: String cheese, crackers, water	19 BR: Cereal, oranges, milk* Lunch: Chicken burger, bun (WG), tator tots, peaches, milk* PM snack: Goldfish, juice	20 BR: Bagel, cream cheese, grapes, milk* Lunch: Club wrap w/turkey, bacon, cheese, lettuce*, tomato (WG), mixed veggie, applesauce, milk* PM snack: Graham crackers, peanut butter*, banana, water <i>School age only - peanut butter</i> <i>Inf-2’s – no lettuce</i>	21 BR: Pancake (WG), syrup, pears, milk* Lunch: Chicken alfredo, broccoli, mandarin oranges, roll, milk* PM snack: Ranch oyster crackers, juice	22 BR: Cereal (WG), bananas, milk* Lunch: Tuna noodle casserole, peas, pears, milk* PM snack: Berry animal crackers, milk*

<p>25 BR: English muffin (WG), jelly, apples, milk* Lunch: Spaghetti w/meat sauce, cauliflower, pineapple, breadstick, milk* PM snack: <i>Inf-2</i> – Strawberry grahams, fruit, water <i>PreK-SA</i> – Tostito chips w/cheese, fruit, water</p>	<p>26 BR: Cereal (WG), oranges, milk* Lunch: Chicken & cheese quesadilla, green beans, peaches, milk* PM snack: Applesauce cup, juice</p>	<p>27 BR: French toast sticks, syrup, grapes, milk* Lunch: Ham & Cheese sandwich (WG), peas, applesauce, milk* PM snack: Animal crackers, fruit, water</p>	<p>28 BR: Cereal (WG), pears, milk* Lunch: Pork fritter, bun, mixed veggie, mandarin oranges, milk* PM snack: Pita bread w/ranch, juice</p>	<p>29 BR: Cereal (WG), bananas, milk* Lunch: Fish nuggets, broccoli, pears, roll, milk* PM snack: Muffin, milk</p>
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**Infants (12 months and younger) - no juice/fruit only*

**12 month olds-24 month olds (Whole Milk) 24 month olds-12 year olds (1% Milk) *WG – whole grain*