

**Zearing Child Enrichment Center
May 2026**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 BR: English muffin (WG), bananas, milk* L: Turkey & cheese wrap, cottage cheese, mixed veggie, pears, milk* S: Muffin, milk*
4 BR: Egg biscuit (WG), apples, milk* L: French bread sausage pizza, broccoli, pineapple, milk* S: Yogurt, fruit, water	5 BR: Cereal (WG), oranges, milk* L: Beef & cheese quesadilla, peas, peaches, milk* S: Strawberry grahams, juice	6 BR: Waffle (WG), syrup, grapes, milk* L: Chili, cheese, carrots, applesauce, crackers, milk* S: String cheese, crackers, water	7 BR: Cereal (WG), pears, milk* L: Cream chicken on biscuit (WG), green beans, mandarin oranges, milk* S: Chex mix, juice	8 (PES-NOON DISMISSAL) BR: Pancake (WG), syrup, banana, milk* L: Ham & cheese sliders, chips*, mixed veggies, pears, milk* S: Muffin, milk* Inf-2+ - no chips
11 ZCEC CLOSED STAFF INSERVICE DAY	12 BR: Cereal (WG), oranges, milk* L: Pork fritter, bun, green beans, peaches, milk* S: Cheez calzone, juice	13 BR: Toast (WG), jelly, grapes, milk* L: Creamy chicken & rice soup, crackers, carrots, applesauce, milk* S: Colby jack cheese stick, crackers, water	14 BR: Cereal (WG), pears, milk* L: Sloppy Joe, bun, broccoli, mandarin oranges, milk* S: Pizza bagel bites, juice	15 BR: English muffin (WG), jelly, banana, milk* L: Fish nuggets, mixed veggies, pears, roll, milk* S: Muffin, milk*
18 BR: Breakfast burrito, apples, milk* L: Sausage gravy over biscuit (WG), sausage patty, green beans, pineapple, milk* S: Applesauce cup, graham crackers, water	19 BR: Cereal (WG), oranges, milk* L: Hamburger noodle casserole, carrots, peaches, roll, milk* S: Cheese roll up, juice	20 BR: Bagel, cream cheese, grapes, milk* L: Broccoli cheese soup, ½ turkey sandwich (WG), broccoli, applesauce, milk* S: Hardboiled egg, crackers, water	21 BR: Cereal (WG), pears, milk* L: Chicken alfredo, cauliflower, mandarin oranges, roll, milk* S: Pita bread, ranch, juice	22 BR: Toast (WG), syrup, banana, milk* L: Chicken & cheese quesadilla, mixed veggies, pears, milk* S: Muffin, milk*
25 ZCEC CLOSED MEMORIAL DAY	26 BR: Cereal (WG), oranges, milk* L: BBQ Chicken pita flatbread, broccoli, peaches, milk* S: Goldfish, juice	27 BR: Pancake, syrup, grapes, milk* L: Tomato soup, grilled cheese (WG), cauliflower, applesauce, milk* S: Ranch crackers, fruit, water	28 (PES-2:00 DISMISSAL) BR: Bagel, cream cheese, pears, milk* L: Mac n' cheese, ham patty, peas, mandarin oranges, roll (WG), milk* S: Soft pretzel, cheese, juice	29 BR: Cereal (WG), banana, milk* L: Meatballs, gravy, mashed potatoes, pears, roll, milk* S: Muffin, milk*

**Infants (12 months and younger) - no juice/fruit only*

**12 month olds-23 month olds (Whole Milk) 24 month olds-12 year olds (1% Milk) *WG – whole grain*