

Zearing Child Enrichment Center
July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 BR: Waffle, syrup, grapes, milk* Lunch: Turkey & cheese sandwich (WG), chips*, carrots, applesauce, milk* PM snack: Cheddar stick, crackers, water <i>*Inf-2 – no chips</i>	2 BR: Cereal (WG), pears, milk* Lunch: Pepperoni & cheese pizza, green beans, mandarin oranges, milk* PM snack: Cheese calzone, juice	3 ZCEC CLOSED - HAPPY FOURTH OF JULY!! 
6 BR: English muffin (WG), jelly, apples, milk* Lunch: Creamed chicken on biscuit, peas, pineapple, milk* PM snack: Cheez Its, fruit, water	7 BR: Pancake, syrup, oranges, milk* Lunch: Ham & cheese sliders (WG), green beans, peaches, milk* PM snack: Strawberry grahams, juice	8 BR: Bagel, cream cheese, grapes, milk* Lunch: Egg salad sandwich (WG), chips*, carrots, applesauce, milk* PM snack: Veggies w/ranch dip, cheese slices, water <i>*Inf-2 – no chips</i>	9 BR: Cereal (WG), pears, milk* Lunch: Turkey BLT wrap, cauliflower, mandarin oranges, milk* PM snack: Pita bread w/ranch, juice	10 BR: Egg biscuit (WG), bananas, milk* Lunch: Mac n' cheese, ham patty, mixed veggie, pears, milk* PM snack: Muffin, milk*
13 BR: Cereal (WG), apples, milk* Lunch: Beef & cheese quesadilla, carrots, pineapple, milk* PM snack: Yogurt, fruit & water	14 BR: French toast sticks, syrup, oranges, milk* Lunch: Chicken patty, bun (WG), tator tots, peaches, milk* PM snack: Goldfish, juice	15 BR: Cereal (WG), grapes, milk* Lunch: Chicken salad on a pita, chips*, mixed veggie, applesauce, milk* PM snack: Graham crackers, banana, water <i>*Inf-2 – no chips</i>	16 BR: Sausage biscuit (WG), pears, milk* Lunch: Sloppy Joe, bun, peas, mandarin oranges milk* PM snack: Chex mix, juice	17 BR: Bagel, cream cheese, bananas, milk* Lunch: Pork fritter, bun (WG), broccoli, pears, toast, milk* PM snack: Muffin, milk*
20 BR: Cereal (WG), apples, milk* Lunch: Meatballs w/gravy, mashed potatoes, pineapple, roll, milk* PM snack: String cheese, crackers, water	21 BR: Toast (WG), jelly, oranges, milk* Lunch: Spaghetti w/meat sauce, cauliflower, peaches, breadstick, milk* PM snack: Cheese roll up, juice	22 BR: Cereal (WG), grapes, milk* Lunch: Bologna sandwich, chips*, mixed veggie, applesauce, milk* PM snack: Crackers, hardboiled egg, water <i>*Inf-2 – no chips</i>	23 BR: Pancake (WG), syrup, pears, milk* Lunch: Chicken & cheese quesadilla, peas, mandarin oranges milk* PM snack: Ranch oyster crackers, juice	24 BR: Cereal (WG), bananas, milk* Lunch: Fish nuggets, green beans, pears, roll (WG), milk* PM snack: Muffin, milk*
27 BR: Cereal (WG), apples, milk* Lunch: Hamburger noodle casserole, mixed veggie, pineapple, roll, milk* PM snack: Animal crackers, fruit, water	28 BR: Breakfast burrito, oranges, milk* Lunch: Egg patty w/cheese, green beans, peaches, roll (WG), milk* PM snack: Pizza bagel bites, juice	29 BR: Cereal (WG), grapes, milk* Lunch: BBQ chicken sandwich, chips*, broccoli, applesauce milk* PM snack: ½ ham & cheese sandwich, water <i>*Inf-2 – no chips</i>	30 BR: Breakfast burrito, pears, milk* Lunch: Biscuit w/gravy (WG), sausage patty, carrots, mandarin oranges milk* PM snack: Soft pretzel w/cheese, juice	31 BR: English muffin (WG), jelly, bananas, milk* Lunch: Chicken strip, rice pilaf, peas, pears, milk* PM snack: 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*

