

Zearing Child Enrichment Center
September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 BR: French toast sticks, syrup, oranges, milk* Lunch: Ham & cheese sliders (WG), green beans, peaches, milk* PM snack: Strawberry grahams, juice	2 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>	3 BR: Cereal (WG), pears, milk* Lunch: Turkey BLT wrap, cauliflower, mandarin oranges, milk* PM snack: Pita bread w/ranch, juice	4 BR: Egg biscuit (WG), bananas, milk* Lunch: Mac n' cheese, ham patty, mixed veggie, pears, milk* PM snack: Muffin, milk*
7 ZCEC CLOSED – LABOR DAY	8 BR: Pancake (WG), syrup, oranges, milk* Lunch: Beef & cheese quesadilla, carrots, peaches, milk* PM snack: Yogurt, fruit & water	9 BR: Cereal (WG), grapes, milk* Lunch: Chicken salad sandwich, chips*, mixed veggie, applesauce, milk* PM snack: Graham crackers, banana, water <i>*Inf-2 – no chips</i>	10 BR: Sausage biscuit (WG), pears, milk* Lunch: Sloppy Joe, bun, peas, mandarin oranges milk* PM snack: Chex mix, juice	11(PES-NOON DISMISSAL) BR: Bagel, cream cheese, bananas, milk* Lunch: Pork fritter, bun (WG), broccoli, pears, milk* PM snack: Muffin, milk*
14 BR: Cereal (WG), apples, milk* Lunch: Meatballs w/gravy, mashed potatoes, pineapple, roll, milk* PM snack: String cheese, crackers, water	15 BR: Toast (WG), jelly, oranges, milk* Lunch: Spaghetti w/meat sauce, cauliflower, peaches, breadstick, milk* PM snack: Cheese roll up, juice	16 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>	17 BR: Pancake (WG), syrup, pears, milk* Lunch: Chicken & cheese quesadilla, peas, mandarin oranges milk* PM snack: Ranch oyster crackers, juice	18 BR: Cereal (WG), bananas, milk* Lunch: Fish nuggets, green beans, pears, roll (WG), milk* PM snack: Muffin, milk*
21 BR: Cereal (WG), apples, milk* Lunch: Hamburger noodle casserole, mixed veggie, pineapple, bread & butter, milk* PM snack: Animal crackers, fruit, water	22 BR: Waffle, syrup, oranges, milk* Lunch: Egg patty w/cheese, green beans, peaches, roll (WG), milk* PM snack: Goldfish, juice	23 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>	24 BR: Breakfast burrito, pears, milk* Lunch: Biscuit w/gravy (WG), sausage patty, carrots, mandarin oranges milk* PM snack: Soft pretzel w/cheese, juice	25 BR: English muffin (WG), jelly, bananas, milk* Lunch: Chicken strip, rice pilaf, peas, pears, milk* PM snack: Muffin, milk*
28 BR: Cereal (WG), apples, milk* Lunch: Pepperoni & cheese pizza, green beans, pineapple, milk* PM snack: Cheddar stick, crackers, water	29 BR: English muffin, jelly, oranges, milk* Lunch: Chicken patty, bun (WG), tator tots, peaches, milk* PM snack: Pizza bagel, juice	30 BR: Cereal (WG), grapes, milk* Lunch: Creamed chicken on biscuit, peas, applesauce, milk* PM snack: Cheez Its, fruit, water		

**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*