



Meals are subject to change. An alternate snack is served when selected snack is inappropriate for children under age three. EmBe's childcare centers strive to be peanut free. 100% Fruit Juice and/or water is served with snacks. Water is available in classrooms and with all meals. Whole grain items are identified as WG.

Mon	Tue	Wed	Thu	Fri
				1 No Harrisburg Bagels and Cream Cheese Juice Milk  Meatballs WG Dinner Roll Green Beans Banana Milk  WG Goldfish & Milk
4  Banana Bread Juice Milk  Cheese Burgers WG Bun Fries Apple Slices Milk  WG Cheez it & Milk	5  WG Muffin Bananas Milk  Mac and Cheese WG Dinner Roll Peas M.Oranges Milk  Veg.Wheat thins & String Cheese	6  Cold Cereal Juice Milk  Grilled Cheese Tomato Soup Diced Apples Milk  Chips and Salsa	7  Yogurt Berrries Milk  Pizza Carrots Pineapple Milk  Cinnamon Goldfish and Milk	8  Fresh Fruit Pizza Milk  Popcorn Chicken WG Dinner Roll Baked Beans Watermelon Milk  WG Muffin & Milk
11  Fun Waffles Strawberries Milk  WG Breaded Chicken WG Bun Scalloped Potatoes Grapes Milk  Grahams & Yogurt	12  Egg and Cheese Biscuit Juice Milk  Chili Saltines Corn Melon Mix Milk  EmBe Lunchables	13  Breakfast Potatoes Egg Bites Milk  Beef Nachos Corn Chips Lettuce/ Cheese Diced Peaches Milk  Banana Bread and Banana	14  Cold Cereal Juice Milk  Waffle Tri Tator Egg Patty w/ Cheese Sausage Patty Strawberries Milk  Nature Valley Crisps and Apples	15  Sausage Biscuit Juice Milk  Corndog Green Beans Mangos Milk  Pretzels and String Cheese
18  Breakfast Sticks Banana Milk  Chicken & Waffles Green Beans Strawberry/ Blueberries Milk  Banana Boat w/ Grahams	19  Yogurt Berries Milk  Hot Ham and Cheese WG Bun Fries Banana Milk  Dutch Waffles and Milk	20  English Muffin Juice Milk  Chicken Alferdo WG Dinner Roll Broccoli Dragon Fruit Milk  Chex Mix & Fruit	21  Egg and Cheese Bagels Juice Milk  Sloppy Joes WG Bun Baked Beans Pineapple Milk  Tortilla Chips and Apple Slices	22  Cold Cereal Fresh Fruit Milk  Pizza Sticks Carrots Apple Slices Milk  Bunny Grahams and Milk
25  Egg Bites Banana Milk  Pizza Hotdish WG Dinner Roll Side Salad/ Corn Melon Mix Milk  Belvita and Yogurt	26  Cold Cereal Juice Milk  Chicken Strips WG Dinner Roll Mashed Potatoes w/ Gravy Strawberries, Blueberries, and Dragon Fruit Milk  Meat Sticks and String Cheese	27 No Harrisburg Banana Bread Juice Milk  Hotdogs WG Bun Carrots Banana Milk  Nature Valley Crisps Chocolate chip with Milk	28  <b>Closed</b>	29  <b>Closed</b>