

Bethlehem Community Preschool & Child Care

Breakfast & Snack Menu (Fall and Winter)

Subject to change without notice

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Life Cereal Peaches & Milk - Gold Fish Juice	English Muffin w/ Cinnamon and Sugar Butter with Sausage link Pineapple, Milk - Cereal Munch Mix Milk	Blueberry Muffins and Bananas Milk - Grapes and Apples with fruit dip Milk	Grilled Egg, Ham and Cheese Sandwich Apple Sauce & Milk - Spinach Dip with Pita Chips Milk	Go-guts and Crasins Graham Crackers Milk - Chocolate Chip Bars Milk
2	Cheerios, Raisins Milk - Cheese Puff Corn/ Air Popped popcorn Juice	Oatmeal and Mini Chocolate chips Tropical Fruit Milk - Cottage Cheese and Peaches Milk	1 French Toast and Bacon Applesauce Milk - Animal Crackers with Chocolate Milk	Sausage and Egg Cupcakes , Cuties Milk - Fruit Leather and Graham Crackers Milk	Rice Krispies, Craisins & Milk - Oatmeal Cookies Milk
3	Corn Flakes Apple Slices Milk - Granola Bars Milk	½ Toast w/ Jam and yogurt Raisins Milk - String Cheese and Club Crackers Milk	Scrambled Eggs–Cheese, and Mushrooms Peaches Milk - Carrot, Cucumber, Broccoli With Hummus	1/2 Mini Bagels with Cream Cheese and sausage Patty Tropical Fruit Milk - Summer Sausage and Ritz Crackers Milk	Cheerios Pear Milk - Strawberry Apple Sauce Graham Cracker Milk
4	Kix Pears, Milk - Soft Pretzel and Cheese Milk	½ Sausage Patty and cheese on Biscuit Grapes, Milk - Broccoli, Cauliflower With Ranch Dip Milk	Pancakes and Bacon Mandarin Oranges Milk - Sliced Cheese and Club Crackers Milk	Sour Cream – Chocolate Chip Scones Raisins Milk - Dill Dip and Carrot Sticks Milk	Golden Grahams Bananas & Milk - Rice Crispy Treats Milk
5	Corn Flakes Cereal Pears, Milk - Veggie Straws Milk	Waffles and Sausage link, Applesauce Milk - Chips and Salsa Milk	Bagels w/ Cheese and a slice of ham and Craisins Milk - Yogurt and mixed Berries with Granola Milk	Egg Bake – Sausage, Spinach, Cheese, Potatoes Bananas Milk - Ranch Oyster Cracker Juice	Rice Krispies Pineapple Milk - Apple Crisp Milk

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Lunch Menu (Fall and Winter)

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Sloppy Joes Corn Apple Slices Milk	Chicken Stir-Fry Butternut Squash, Broccoli, Bell Pepper, Carrots and water chestnuts w/ Brown Rice Mandarin Oranges Milk	Homemade Lasagna Garlic Bread Green Beans, Pears Milk	Chicken & Cheese Quesadillas Mixed Vegetables Tropical Fruit Mix Milk	Hot Chicken Sandwiches Broccoli Fruit Cocktail Milk
2	Cheesy Hashbrown Casserole with Ham Cooked Carrots Peaches Milk	Chili Mixed Vegetables Pears Milk	Chicken Tenders Tater Tots Green Beans Pineapple Milk	Pepperoni Pizza Grilled Cheese Sandwich Cauliflower Fruit Cocktail Milk	Eagle Pizza Refried-Beans, Cheese, Corn, Bell Pepper, Lettuce, Tomatos Sour Cream Mandarin Orange Milk
3	Taco Soup Mixed Vegetables Tropical Fruit Milk	Spaghetti & Meatballs Green Beans Pineapple Garlic bread Milk	Grilled Cheese Sandwich and Tomato Soup Peas Fruit Cocktail Milk	Chef Salad (Tomatoes, Cucumbers, Ham, Turkey, Peas, Cheese, Eggs) Rye Bread & Butter Grapes Milk	Chicken Wrap on Whole-Grain Tortillas Lettuce, Cheeses, Ranch or Tartar Sauce Corn Bananas Milk
4	Tater Tot Casserole w/Green Beans & Hamburger Fruit Cocktail Milk	Chicken Patty w/ Lettuce Peas Pineapple Milk	Homemade Pizza Toss Salad w/ Tomatoes & Cucumbers Tropical Fruit Mix Milk	Chicken Alfredo Garlic Bread Broccoli Pears Milk	Cheeseburger on a Wheat Bun Sweet Potatoes French Fries Peaches Carrot sticks Milk
5	Hotdogs Cauliflower with ranch dip and sun chips Grapes Milk	Tacos Meat, Lettuce, Tomatoes, Cheese, Taco Salsa & Sour Cream Grapes Milk	Chicken Noddle Soup with crackers Apple Slices Mixed Vegetable Milk	Mini Meatloaf Ranch Potatoes Cauliflower Peaches Milk	Turkey & Gravy over Mashed Potatoes, Dinner Rolls, Corn Fruit Cocktail Milk