

FALL/WINTER BREAKFAST MENU

The Ark Christian Nursery & Learning Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 (Week 1 starts with the first monday of the month)	Waffles Peaches	W.G. Pancakes Apple Sauce	W.G. Toast With Sunbutter Orange Wheels	Breakfast Fajita, (egg, cheese, & tortilla) OJ	W.G. Oatmeal with Cinnamon, Bananas	
WEEK 2	W.G. French Toast Apple Slices	Scrambled eggs,cheese, toast, OJ	W.G. Toast Peaches	W.G. Oatmeal Apple Smiles	Apple Spice Muffins Orange Smiles	
WEEK 3	Croissant Apple Smiles	W.G. Oatmeal Orange wheels	Breakfast Sandwich (Eggs, Cheese, English Muffin) OJ	W.G. Pancakes Applesauce	W.G. French Toast Banana	
WEEK 4	Biscuits W/Sausage Gravy OJ	Banana Bread Pineapple Chunks	W.G. Toast with Sunbutter Apple Smiles	W.G. Oatmeal Banana	Scrambled eggs peaches	
WEEK 5 ALTERNATIVE	Scrambled Eggs, Toast, OJ	W.G. Oatmeal Apple Smiles	Waffles, Peaches	Cheddar Biscuit Pineapple Chunks	W.G. Toast Banana	

FALL/WINTER PM SNACK MENU

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 (Week 1 starts with the first Monday of the month)	W.G. Graham crackers w/Sunbutter, Apple Juice	Animal Crackers Milk	Pumpkin Muffin Milk	W.G. Crackers, Apple Slices Water	Fresh Green Beans, carrots, cucumbers, Goldfish, water Crackers	
WEEK 2	Sunbutter on wheat bread, Milk	W.G. Wheat thins, cheese stick, Water	Goldfish Apple juice	Garlic Breadsticks, Fresh Green beans, Water	W.G. Rice Cake Banana Water	
WEEK 3	W.G. Graham Crackers Milk	English Muffin Pizza, Milk	W.G. Wheat Thins, Fresh Carrots, Water	Goldfish Apple Juice	Sunbutter on Wheat Bread, Apple Smiles, Water	
WEEK 4	W.G. Rice Cakes, Orange Smiles, Water	W.G. Graham Crackers, Milk	Sunbutter on Wheat Bread, Milk	Garlic Bread Sticks, Apple Juice	W.G. Wheat Thins, Cheese Sticks, Water	
WEEK 5 Alternative	W.G. Graham Crackers, Milk	Sunbutter on Wheat Bread, Milk	W.G. Rice Cake Apple Juice	W.G. Wheat Thins, Milk	Goldfish Orange Smiles Water	