

# MENUS FOR EDUCARE LEARNING CENTER & EDUCARE ACADEMY

Port Charlotte DCF License #C20CH6741, Bonita Springs DCF License #C20LE0062

## BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Oatmeal Pineapple Tidbits Milk	Cornflakes Mandarin Oranges Milk	WG Toast w/ Grape Jelly Apple Juice Milk	French Toast w/ syrup Pears Milk	Rice Krispies Peaches Milk
Grits w/ butter Mandarin Oranges Milk	Waffle w/Syrup Fruit Cocktail Milk	WG Toast w/ Grape Jelly Pears Milk	Pancakes w/ syrup Peaches Milk	Corn Flakes Apple Juice Milk
WG Oatmeal Pears Milk	Cheerios Orange Juice Milk	WG Toast w/ Grape Jelly Fruit Cocktail Milk	French Toast w/ syrup Pears Milk	Rice Krispies Pineapple Tidbits Milk
Grits w/ butter Peaches Milk	Waffles w/ syrup Grape Juice Milk	WG Toast w/ Grape Jelly Mandarin Oranges Milk	Pancakes w/ syrup Applesauce Milk	Kix Pears Milk

**Whole Milk-One's**

**Skim Milk-Two/Three/Four/School age**

## LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meatballs Diced Potatoes Broccoli WG Bread Milk	Elbow Pasta & Sauce w/Turkey Sausage Patty Green Beans Pears WG Bread Milk	Pasta Fagioli (w/navy beans & pasta) Carrots Peaches WG bread Milk	White Rice w/ Red Kidney Beans Green Beans Applesauce, WG Bread Milk	WG Turkey Sandwich Yams Veggie Baked Beans Milk
Chicken Nuggets Diced Carrots Pineapple Tidbits WG Bread Milk	Yellow Rice w/ Egg Patty Peas Pears WG Bread Milk	Lentils w/ White Rice Broccoli Applesauce WG Bread Milk	Chicken Patty on Hamburger Bun Corn Pinto Beans Milk	WG Peanut Free PB&J Sandwich Black Beans Fruit Cocktail Milk
Meatballs Pinto Beans Diced Potatoes WG Bread Milk	Elbow Pasta & Sauce w/Turkey Sausage Patty Green Beans Applesauce, WG Bread Milk	Pasta Fagioli (w/navy beans & pasta) Corn Mandarin Oranges WG Bread Milk	Black Beans w/ White Rice Diced Carrots Peaches WG Bread Milk	WG Ham Sandwich Veggie Baked Beans Applesauce Milk
Vegetarian Chili (red kidney beans) Dice Potatoes Mandarin Oranges WG Bread Milk	Yellow Rice w/ Egg Patty Peas Applesauce WG Bread Milk	Lentils w/ White Rice Broccoli Pears WG Bread Milk	Chicken Nuggets Yams Corn WG Bread Milk	WG Peanut Free PB&J Sandwich Pinto Beans Fruit Cocktail Milk

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## SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ritz Crackers Applesauce	Yogurt Pineapple Tidbits	Egg Patty on Plain Mini Bagel	Saltine Crackers w/ Peanut Free Peanut Butter	Croissant Fruit Punch Juice
Goldfish Crackers Grape Juice	Cinnamon Raisin Bread Applesauce	Graham Crackers Fruit Cocktail	Kix Pears	Blueberry Muffin Milk
Ritz Crackers Applesauce	Yogurt Pineapple Tidbits	Plain Mini Bagel w/ Margarine Cranberry Juice	Saltine Crackers w/ Peanut Free Peanut Butter	Croissant Pears
Goldfish Crackers Fruit Punch Juice	Cinnamon Raisin Bread Mandarin Oranges	Graham Crackers Peaches	Cheerios Milk	Blueberry Muffin Applesauce

Jan. 21/2022 BM