

ECS MENU ~ NOVEMBER 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
AM: Apple Macaroni & Cheese Green Beans Roll & Butter Mixed Melon PM: Graham Crackers & Fruit	AM: Banana Scrambled Eggs Hash Browns Bagel/Cream Cheese Orange PM: Cereal w/ Milk	AM: Yogurt w/ Fruit Chicken Salad/Grapes Lettuce & Tomato, Carrots & Cukes/Pears Roll & Margarine PM: Waffles w/ Fruit	AM: Orange Tomato Soup Grilled Cheese/Wheat Baked Potato/Butter/Sour Cream Applesauce PM: Breadsticks w/Marinara	AM: Grapes Oven Fried Chicken Mashed Potatoes Peas/Challah Applesauce PM: PeachCrisp w/Oatmeal
10	11	12	13	14
AM: Cottage Cheese w/Fruit Hot Dog/Bun Corn Cole Slaw Banana PM: Boiled Egg/Crackers	AM: Pear Cheese Ravioli Mixed Green Salad Garlic Roll Peaches PM: Muffin w/ Fruit	AM: Apple Taco/lettuce, tomato,cheese, salsa,sour cream Black Bean/Corn Salad Red Rice/Pineapple Tidbits PM: Chips & Salsa	AM: Yogurt w/ Fruit Spaghetti/Meat Sauce Tossed Salad Roll Mixed Melon PM: French Toast w/ Fruit	AM: Orange Herb Baked Chicken Sweet Potatoes Mixed Veggies/Challah Cooked Apples PM: Graham Crackers w/ Fruit
17	18	19	20	21
AM: Banana Hamburger/Bun Lettuce & Tomato French Fries Pineapple Tidbits PM: Breadstick w/ Marinara	AM: Cottage Cheese w/ Fruit Turkey Wrap Lettuce & Tomato Cucumber & Tomato Salad Couscous/Peaches PM: Graham Crackers & Fruit	AM: Orange Taco/lettuce, tomato, cheese, salsa, sour cream Black Bean/Corn Salad Red Rice/Pineapple Tidbits PM: Mini Bagel w/ Cream Cheese	AM: Grapes Fish Sticks Cole Slaw French Fries Orange PM: Cereal w/ Milk	AM: Yogurt w/ Fruit BBQ Chicken Rice Pilaf Mixed Veggies Pears/Challah PM: AppleCrisp w/ Oatmeal
24	25	26	27	28
AM: Pear Macaroni & Cheese Green Beans Roll & Butter Banana PM: Graham Cracker w/ Fruit	AM: Orange Meatloaf Mashed Potatoes Peas/Roll Apple PM: Boiled Egg w/ Crackers	AM: Yogurt w/ Fruit Herb Roasted Chicken Redskin Potatoes Glazed Carrots/Roll Citrus Salad PM: Cherry Crisp w/ Oatmeal		HAPPY THANKSGIVING ECS CLOSED
	Milk served daily w/ AM snack & juice served w/PM snack. We provide Similac w/Iron for our infants & a variety of fruits, veggies & cereal.		Portion Sizes 1 to 2 yrs 3 to 5 yrs Protein 1 oz 1 ½ oz Veg/Fruit ¼ cup ½ cup Bread ½ slice ½ slice	