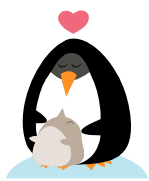


ECS MENU ~ DECEMBER 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY												
1	2	3	4	5												
AM: Apple Hot Dog/Bun Baked Beans Carrots & Cukes Orange PM: Carrots w/ Ranch Dip	AM: Pear Baked Ziti w/ Cheese Tossed Salad Roll & Butter Mixed Melon PM: Cereal w/ Milk	AM: Orange Taco w/ Cheese Black Bean & Corn Salad Red Rice Pineapple Tidbits PM: Bran Muffin w/ Fruit	AM: Yogurt w/Fruit Sloppy Joe/Bun Cole Slaw French Fries Citrus Salad PM: Rice Cake w/ Fruit	AM: Banana Oven Fried Chicken Mashed Potatoes Peas/Challah Applesauce PM: Peach Crisp												
8	9	10	11	12												
AM: Pear Hamburger/Bun Lettuce & Tomato French Fries Orange PM: Boiled Egg w/ Crackers	AM: Apple Scrambled Eggs w/ Cheese Hash Browns Waffle w/ Syrup Mixed Melon PM: Bagel w/ Cream Cheese	AM: Banana Cheese Pizza Cottage Cheese Carrots/Celery/Dip Pineapple Tidbits PM: Yogurt w/ Fruit	AM: Cottage Cheese w/ Fruit Meatloaf Mashed Potatoes Green Beans Orange PM: Bagel & Boiled Egg	AM: Apple Herb Baked Chicken Redskin Potatoes Glazed Carrots/Challah Citrus Salad PM: Bread Stick w/ Marinara												
15	16	17	18	19												
AM: Banana Hot Dog/Bun Corn Cukes & Carrots Orange PM: Rice Cake w/ Jelly	AM: Apple Cheese Manicotti Tossed Salad Garlic Roll Mixed Melon PM: Cake Donut & Milk	AM: Cottage Cheese/Pineapple Chicken Nuggets Israeli Salad French Fries Banana PM: Chips & Salsa	AM: Banana Tomato Soup Grilled Cheese on Wheat Baked Potato Applesauce PM: Waffle w/ Fruit	AM: Pear BBQ Chicken Rice/Corn Challah Cooked Apples PM: Apple Crisp												
22	23	24	25	26												
AM: Apple Tuna Salad on Wheat Tomatoes, Carrots & Cukes w/ Dip Couscous/ Banana PM: Waffle w/ Fruit	AM: Cottage Cheese w/ Fruit Spaghetti w/ Meat Sauce Tossed Salad Garlic Roll Mixed Melon PM: Graham Cracker w/ Fruit Cup	AM: Orange Salami on Wheat Tossed Salad Tomatoes & Cukes Mixed Fruit PM: Chips & Salsa	<p>ECS CLOSED</p> 	AM: Banana Herb Baked Chicken Mashed Potatoes Peas/Challah Applesauce PM: Bread Stick w/Marinara												
29	30	31														
AM: Apple Scramble Eggs w/ Cheese Fresh Fruit Salad Veggies Cinnamon French Toast PM: Bagel w/ Cream Cheese	AM: Banana Baked Ziti w/ Cheese Tossed Salad Garlic Roll Pineapple Tidbits PM: French Toast w/ Fruit	AM: Yogurt w/ Fruit Hamburger/Bun Lettuce & Tomato French Fries Apple PM: Carrots & Dip	<p>Portion Sizes</p> <table style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td style="text-align: center;">1 to 2 yrs</td> <td style="text-align: center;">3 to 5 yrs</td> </tr> <tr> <td>Protein</td> <td style="text-align: center;">1 oz</td> <td style="text-align: center;">1 ½ oz</td> </tr> <tr> <td>Veg/Fruit</td> <td style="text-align: center;">¼ cup</td> <td style="text-align: center;">½ cup</td> </tr> <tr> <td>Bread</td> <td style="text-align: center;">½ slice</td> <td style="text-align: center;">½ slice</td> </tr> </table>		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	<p>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.</p>
	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														