

ECS MENU ~ APRIL 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
	<p>Portion Sizes</p> <p>1 to 2 yrs 3 to 5 yrs</p> <p>Protein 1 oz 1 ½ oz</p> <p>Veg/Fruit ¼ cup ½ cup</p> <p>Bread ½ slice ½ slice</p> <p>Milk ½ Cup ½ Cup</p> <p>Juice ¼ Cup ½ Cup</p>	<p>AM: Apple Chicken Salad/Grapes Lettuce & Tomato Roll & Margarine Banana PM: Boiled Egg w/ Cracker</p>	<p>AM: Pear Spaghetti/Meat Sauce Tossed Salad Roll & Margarine Mixed Melon PM: Mini Bagel w/ Jam</p>	<p>AM: Banana Oven Fried Chicken Mashed Potatoes Peas Challah/Orange PM: Baked Apple w/ Topping</p>
6	7	8	9	10
<p>AM: Apple Macaroni & Cheese Green Beans Roll & Margarine Banana PM: Cereal w/ Milk</p>	<p>AM: Cottage Cheese w/ Fruit Sloppy Joe/Bun Cole Slaw French Fries Orange PM: Crackers w/ Applesauce</p>	<p>AM: Pear Egg Salad/ Egg Matzo Lettuce & Tomato Carrots & Celery w/ Dip Pineapple Tidbits PM: Macaroons</p>	<p>CLOSED FOR PASSOVER</p>	<p>Happy Passover</p> 
13	14	15 FESTIVAL DAY	16 FESTIVAL DAY	17
<p>AM: Banana Manicotti Matzo & Butter Applesauce PM: Macaroons</p>	<p>AM: Apple Matzo Pizza Salad Mixed Fruit PM: Cereal w/ Milk</p>	<p>AM: Pears Tuna Salad on Matzo Carrots Applesauce PM: Muffins</p>	<p>AM: Orange Egg Salad on Matzo Carrots & Celery Sliced Fruit PM: Macaroons</p>	<p>AM: Pear BBQ Chicken Sweet Potatoes Green Beans Challah/Cooked Apples PM: Strawberry Shortcake</p>
20	21	22	23	24
<p>AM: Yogurt w/ Fruit Hot Dog/Bun Corn Cole Slaw Banana PM: Chips & Salsa</p>	<p>AM: Banana Penne Pasta/ Marinara Caesar Salad Roll & Butter Mixed Melon PM: Waffles w/ Syrup</p>	<p>AM: Grapes Cheese Pizza Carrots & Cukes with Ranch Pineapple Tidbits PM: Blueberry Muffin</p>	<p>AM: Orange Johnny Marzetti Tossed Salad Roll & Margarine Citrus Salad PM: Boiled Egg w/ Cracker</p>	<p>AM: Banana Herb Baked Chicken Redskin Potatoes Mixed Veggies Challah/Orange PM: Baked Pretzel w/ Juice</p>
27	28	29	30	
<p>AM: Apple Hamburger on Bun Lettuce & Tomato French Fries Pear PM: Baked Apple w/ Topping</p>	<p>AM: Yogurt w/ Fruit Cheese Lasagna Tossed Salad Roll & Butter Strawberries PM: Donut w/ Milk</p>	<p>AM: Banana Make a Taco Day Black Bean & Corn Salad Red Rice Pineapple Tidbits PM: Bagel w/ Cream Cheese</p>	<p>AM: Pear Grilled Cheese/Wheat Tomato Soup Potato Wedges Raisins PM: Graham Crackers w/ Berry Applesauce</p>	<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>