

# ECS MENU (Goosh, 2's & Young 3's)~ JUNE 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																		
<b>1</b> AM: Grapes Macaroni & Cheese Green Beans Roll & Butter Applesauce PM: Muffin w/ Milk	<b>2</b> AM: Apple Baked Ziti/Marinara, Cheese & Tofu Tossed Salad/Tomato Roll & Butter/Peaches PM: French Toast w/ Fruit	<b>3</b> AM: Orange Make Your Own Taco Black Bean/Corn Salad Red Rice Pineapple Tidbits PM: Crackers w/ Applesauce	<b>4</b> AM: Yogurt w/ Fruit Sloppy Joe/Bun Cole Slaw French Fries Apple PM: Mini Bagel w/ Jam	<b>5</b> AM: Banana Oven Fried Chicken Mashed Potatoes Peas/Challah Strawberries PM: Baked Pretzel w/ Juice																		
<b>8</b> AM: Pear Hamburger/Bun Lettuce & Tomato French Fries Orange PM: Chips & Salsa	<b>9</b> AM: Cottage Cheese w/ Fruit Scrambled Eggs Waffles/Syrup Mixed Melon PM: Cereal w/ Milk	<b>10</b> AM: Watermelon Cheese Pizza Veggies with Ranch Dip Cottage Cheese Pineapple Tidbits PM: Vanilla Wafers w/ Milk	<b>11</b> AM: Banana Meatloaf Mashed Potatoes Green Beans Roll/Orange PM: Boiled Egg & Crackers	<b>12</b> AM: Grapes Herb Baked Chicken Redskin Potatoes Glazed Carrots Applesauce/Challah PM: Pound Cake w/ Strawberries																		
<b>15</b> AM: Apple Tuna Salad/Wheat Lettuce & Tomato Black Bean & Corn Salad Mixed Melon PM: Bagel w/ Cream Cheese	<b>16</b> AM: Cantaloupe Cheese Vegetable Quiche Cottage Cheese Roll & Butter Peaches PM: Waffles w/ Fruit	<b>17</b> AM: Yogurt w/ Fruit Chicken Nuggets French Fries/Peas Roll & Butter Applesauce PM: Baked Pretzel w/ Juice	<b>18</b> AM: Watermelon Meatloaf Mashed Potatoes Green Beans Roll/Orange PM: Crackers w/ Applesauce	<b>19</b> AM: Banana BBQ Chicken Sweet Potatoes Green Beans/Challah Applesauce PM: Strawberry Shortcake																		
<b>22</b> AM: Yogurt w/ Fruit Hot Dog/Bun Cole Slaw Potato Salad Watermelon PM: Graham Crackers & Juice	<b>23</b> AM: Orange Tuna Noodle Casserole Tossed Salad Roll Grapes PM: Cereal w/ Milk	<b>24</b> AM: Pear Cheese Pizza Veggies with Ranch Dip Cottage Cheese Pineapple Tidbits PM: French Toast w/ Fruit	<b>25</b> AM: Apple Spaghetti & Meat Sauce Tossed Salad Garlic Roll Plum PM: Chips & Salsa	<b>26</b> AM: Cottage Cheese w/ Fruit Sweet & Sour Chicken Rice/Challah Chinese Veggies Fruit Salad PM: Baked Apple w/Oat Topping																		
<b>29</b> AM: Cantaloupe Egg Salad/Wheat Lettuce & Tomato Pasta Salad Banana PM: Mini Bagel w/ Jam	<b>30</b> AM: Yogurt w/ Fruit Turkey Sandwich/Wheat Tomatoes & Cukes Carrots Strawberries PM: Boiled Egg & Crackers	<p><b>Portion Sizes</b></p> <table> <tr> <td></td> <td><b>1 to 2 yrs</b></td> <td><b>3 to 5 yrs</b></td> </tr> <tr> <td><b>Protein</b></td> <td>1 oz</td> <td>1 ½ oz</td> </tr> <tr> <td><b>Veg/Fruit</b></td> <td>¼ cup</td> <td>½ cup</td> </tr> <tr> <td><b>Bread</b></td> <td>½ slice</td> <td>½ slice</td> </tr> <tr> <td><b>Milk</b></td> <td>½ Cup</td> <td>½ Cup</td> </tr> <tr> <td><b>Juice</b></td> <td>¼ Cup</td> <td>½ Cup</td> </tr> </table>		<b>1 to 2 yrs</b>	<b>3 to 5 yrs</b>	<b>Protein</b>	1 oz	1 ½ oz	<b>Veg/Fruit</b>	¼ cup	½ cup	<b>Bread</b>	½ slice	½ slice	<b>Milk</b>	½ Cup	½ Cup	<b>Juice</b>	¼ Cup	½ Cup	<p><b>Milk served daily w/ AM snack &amp; juice served w/PM snack. We provide Similac Advance for our infants &amp; a variety of fruits, veggies &amp; cereal.</b></p>	
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This menu is for Rooms 119~123~126~127~135~136~138~139 ONLY beginning 6/15/09.