

# ECS MENU ~ MARCH 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
AM: Cottage Cheese w/ Fruit Turkey Sandwich/Wheat Lettuce & Tomato Corn Mixed Melon PM: PBJ English Muffin	AM: Banana Spaghetti/Meat Sauce Tossed Salad Garlic Roll Pineapple Tidbits PM: Boiled Egg w/ Bagel	AM: Apple Cheese Pizza Cottage Cheese Caesar Salad Peaches PM: Bran Cereal w/ Milk	AM: Pear Fish Sandwich Cole Slaw French Fries Applesauce PM: Cottage Cheese w/ Pineapple	AM: Orange BBQ Chicken Sweet Potatoes Corn on the Cob Challah/Apple PM: Chocolate Babka
10	11	12	13	14
AM: Banana Hot Dog/Bun Baked Beans Cukes and Carrots Pears PM: Tuna w/ Crackers	AM: Yogurt w/ Fruit Chicken Noodle Casserole Tossed Salad Roll Grapes PM: Bread Sticks w/ Marinara	AM: Pear Tomato Soup Grilled Cheese/Wheat Baked Potato Apple PM: Cornbread w/ Milk	AM: Pineapple Taco/cheese, lettuce, tomato Spanish Rice Black Beans Mixed Melon PM: Cake Donut w/ Milk	AM: Banana Chicken Cacciatore Rice/Challah Italian Green Beans Pineapple Tidbits PM: Apple Dumpling
17	18	19	20	21
AM: Apple Macaroni & Cheese Green Beans Roll & Butter Pears PM: Cereal w/ Milk	AM: Orange Sub Sandwich Lettuce & Tomato Couscous/veggies Banana PM: PBJ Bagel	AM: Yogurt w/ Fruit Baked Ziti/Cheese & Tofu Tossed Salad Garlic Roll Peaches PM: Bran Muffin w/ Juice	AM: Banana Egg Salad/ Wheat Lettuce & Tomato French Fries Apple PM: Cinnamon Toast w/ Applesauce	AM: Pear Oven Fried Chicken Mashed Potatoes Glazed Carrots Orange/Challah PM: Boiled Egg & Bagel
24	25	26	27	28
AM: Yogurt w/ Fruit Hamburger/Bun Lettuce & Tomato French Fries Citrus Salad PM: Chips & Salsa	AM: Banana Lasagna Tossed Salad Garlic Roll Peaches PM: Waffle w/ Fruit Cup	AM: Orange Turkey Pastrami/Rye Cuke & Carrots Redskin Potato Salad Applesauce PM: Chili w/ Bread Stick	AM: Apple Fish Sticks Rice/Peas Orange Roll & Margarine PM: Vanilla Wafers w/ Juice	AM: Orange Herb Baked Chicken Redskin Potatoes Broccoli/Challah Pineapple Tidbits PM: Cherry Turnover
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AM: Cottage Cheese w/ Fruit Sloppy Joe/Bun Cole Slaw French Fries Apple PM: PBJ Bagel		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.		<b>Portion Sizes</b> 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