

# ***ECS MENU ~ APRIL 2008***

<i><b>MONDAY</b></i>	<i><b>TUESDAY</b></i>	<i><b>WEDNESDAY</b></i>	<i><b>THURSDAY</b></i>	<i><b>FRIDAY</b></i>												
	<i><b>1</b></i>	<i><b>2</b></i>	<i><b>3</b></i>	<i><b>4</b></i>												
	<p><i>AM: Banana Scrambled Eggs Hash Brown Potatoes Bagels/ Cream Cheese Mixed Melon PM: Waffle w/ Peaches</i></p>	<p><i>AM: Apple Taco/Cheese, Lettuce, Tomato/ Spanish Rice Corn &amp; Black Bean Salad Pineapple Tidbits PM: PBJ English Muffin</i></p>	<p><i>AM: Yogurt w/ Fruit Spaghetti &amp; Meat Sauce Tossed Salad Roll Banana PM: Boiled Egg w/ Cracker</i></p>	<p><i>AM: Orange BBQ Chicken Corn Sweet Potatoes Apple/Challah PM: Mini Bagel w/ Jelly</i></p>												
<i><b>7</b></i>	<i><b>8</b></i>	<i><b>9</b></i>	<i><b>10</b></i>	<i><b>11</b></i>												
<p><i>AM: Cottage Cheese w/ Peaches Salami Sandwich/Wheat Cukes &amp; Carrots Pasta Salad Pears PM: Breadstick w/ Marinara</i></p>	<p><i>AM: Apple Baked Ziti/Cheese Tossed Salad Roll Banana PM: Cereal w/ Milk</i></p>	<p><i>AM: Yogurt w/ Fruit Tuna Noodle Casserole Caesar Salad Roll &amp; Butter Pineapple Tidbits PM: Vanilla Wafers w/ Juice</i></p>	<p><i>AM: Grapes Tomato Soup Grilled Cheese/Wheat Baked Potato Apple PM: Cinnamon Toast &amp; Applesauce</i></p>	<p><i>AM: Banana Oven Fried Chicken Mashed Potatoes Glazed Carrots Peaches/Challah PM: Apple Crisp</i></p>												
<i><b>14</b></i>	<i><b>15</b></i>	<i><b>16</b></i>	<i><b>17</b></i>	<i><b>18</b></i>												
<p><i>AM: Orange Macaroni &amp; Cheese Green Beans Roll &amp; Butter Grapes PM: Cherry Italian Ice</i></p>	<p><i>AM: Cottage Cheese &amp; Fruit Meatloaf Mashed Potatoes Peas Pineapple Tidbits PM: PBJ Bagel</i></p>	<p><i>AM: Apple Chicken Noodle Casserole Tossed Salad Roll Mixed Fruit PM: Boiled Egg &amp; Cracker</i></p>	<p><i>AM: Banana Pasta Marinara/Cheese/Tofu Caesar Salad Garlic Roll Mixed melon PM: Cereal w/ Milk</i></p>	<p><i>AM: Pear Sweet &amp; Sour Chicken Rice Chinese Veggies Applesauce/Challah PM: Chocolate Babka</i></p>												
<i><b>21</b></i>	<i><b>22</b></i>	<i><b>23</b></i>	<i><b>24</b></i>	<i><b>25</b></i>												
<i><b>CLOSED FOR PASSOVER</b></i>	<p><i>AM: Banana Egg Salad Matzo Pineapple Tidbits PM: Waffles w/ Syrup</i></p>	<p><i>AM: Grapes Matzo Pizza Tossed salad Pears PM: Blueberry Muffin</i></p>	<p><i>AM: Orange Tuna Salad Matzo Celery &amp; Cukes Applesauce PM: Cereal &amp; Milk</i></p>	<p><i>AM: Banana Manicotti Tossed Salad Watermelon PM: French Toast w/ Syrup</i></p>												
<i><b>28</b></i>	<i><b>29</b></i>	<i><b>30</b></i>														
<p><i>AM: Apple Tuna Salad/Wheat Lettuce &amp; Tomato Couscous Strawberries PM: Cereal w/ Milk</i></p>	<p><i>AM: Yogurt w/ Fruit Hot Dog/Bun Carrots &amp; Cukes Corn on Cob Citrus Salad PM: Graham Crackers w/ Applesauce</i></p>	<p><i>AM: Banana Veggie Pizza Tossed Salad Cottage Cheese Watermelon PM: PBJ Bagel</i></p>	<p style="text-align: center;"><i>Portion Sizes</i></p> <table style="width: 100%; border: none;"> <tr> <td></td> <td style="text-align: center;"><i>1 to 2 yrs</i></td> <td style="text-align: center;"><i>3 to 5 yrs</i></td> </tr> <tr> <td><i>Protein</i></td> <td style="text-align: center;"><i>1 oz</i></td> <td style="text-align: center;"><i>1 ½ oz</i></td> </tr> <tr> <td><i>Veg/Fruit</i></td> <td style="text-align: center;"><i>¼ cup</i></td> <td style="text-align: center;"><i>½ cup</i></td> </tr> <tr> <td><i>Bread</i></td> <td style="text-align: center;"><i>½ slice</i></td> <td style="text-align: center;"><i>½ slice</i></td> </tr> </table>		<i>1 to 2 yrs</i>	<i>3 to 5 yrs</i>	<i>Protein</i>	<i>1 oz</i>	<i>1 ½ oz</i>	<i>Veg/Fruit</i>	<i>¼ cup</i>	<i>½ cup</i>	<i>Bread</i>	<i>½ slice</i>	<i>½ slice</i>	<p><i>Milk served daily w/ AM snack &amp; juice served w/PM snack. We provide Similac w/Iron for our infants &amp; a variety of fruits, veggies &amp; cereal.</i></p>
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