





# ECS MENU (3's & KB) ~ JUNE 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY												
2	3	4	5	6												
AM: Yogurt w/ Fruit Hot Dog/Bun Baked Beans Cukes & Carrots Applesauce PM: Mini Bagel w/ Egg	AM: Apple Spaghetti & Meat Sauce Tossed Salad/Tomato Roll & Butter Watermelon PM: PB Muffin w/ Fruit	AM: Banana Taco w/ Cheese, Lettuce Tomato & Sour Cream Black Bean Salad Red Rice/Pineapple Tidbits PM: Blueberry Muffin w/ Juice	AM: Watermelon Chicken Nuggets Lettuce & Tomato Wheat Bread Peaches PM: Breadstick w/ Marinara	AM: Orange Herb Baked Chicken Red Skin Potatoes Green Beans Apple PM: Chocolate Babka												
9	10	11	12	13												
 <p><b>CLOSED FOR SHAVUOT</b> שבועות</p>	AM: Pear Tuna Salad on Wheat Cole Slaw Cottage Cheese Pineapple Tidbits PM: PB Graham Crackers	AM: Yogurt w/ Fruit Hamburger/Bun Lettuce & Tomato French Fries Fresh Plum PM: Chips & Salsa	AM: Apple Egg Salad /Wheat Carrots & Celery/Dip Couscous Mixed Melon PM: Cereal w/ Milk	AM: Banana Oven Fried Chicken Mashed Potatoes Peas/Challah Applesauce PM: Cherry Crisp												
16	17	18	19	20												
SUMMER CAMP BEGINS TODAY! Don't Forget to PACK YOUR LUNCH!!! Remember..... DAIRY LUNCHES ONLY!!		Hump Day Lunches AVAILABLE every Wednesday....\$5 EACH ORDER & PAY IN ADVANCE THRU CAMP OFFICE 559-6251		Tips for a Better Brown Bag Lunch are on the back of this menu!												
	Milk served daily w/ AM snack & juice served w/PM snack.		<p>Portion Sizes</p> <table> <tr> <td></td> <td>1 to 2 yrs</td> <td>3 to 5 yrs</td> </tr> <tr> <td>Protein</td> <td>1 oz</td> <td>1 ½ oz</td> </tr> <tr> <td>Veg/Fruit</td> <td>¼ cup</td> <td>½ cup</td> </tr> <tr> <td>Bread</td> <td>½ slice</td> <td>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	
	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														