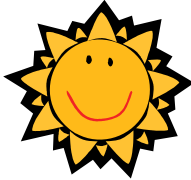
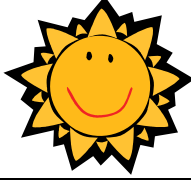





ECS MENU ~ AUGUST 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
<i>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.</i>		Portion Sizes <i>1 to 2 yrs 3 to 5 yrs</i> Protein 1 oz 1 ½ oz Veg/Fruit ¼ cup ½ cup Bread ½ slice ½ slice		AM: Yogurt w/ Fruit Herb Baked Chicken Rice Green Beans Applesauce/Challah PM: Chocolate Babka
4	5	6	7	8
AM: Apple Chicken Salad/Grapes Lettuce, Tomato & Cukes Roll & Butter Plum PM: Crackers w/ Applesauce	AM: Banana Fish Sticks Rice/Mixed Veggies Mixed Veggies Roll/Orange PM: Mini Bagel w/ Egg	AM: Cereal w/ Milk Cheese Pizza Mixed Green Salad Cottage Cheese Mixed Melon PM: Celery w/Cream Cheese	AM: Grapes Meatloaf Mashed Potatoes Green Beans Roll/Apple PM: Muffin w/ Fruit	AM: Yogurt w/ Fruit Chinese Chicken Rice/Challah Chinese Veggies Pineapple Tidbits PM: Peach Crisp
11	12	13	14	15
AM: Pear Tuna Salad/Wheat Lettuce & Tomato Pasta Salad Plum PM: Bagel w/ Cream Cheese	AM: Cereal w/ Milk Shepherd's Pie Mixed Green Salad Roll Apple PM: Chips & Salsa	AM: Banana Baked Ziti Tossed Salad Garlic Roll Mixed Melon PM: French Toast w/ Fruit	AM: Cottage Cheese w/ Fruit Fish Sticks Rice Peas Pineapple Tidbits PM: Bread Stick w/ Marinara	AM: Orange Lemon Pepper Chicken Red Skin Potatoes Broccoli/Challah Peaches PM: Pretzels & PB
18	19	20	21	22
ECS CLOSED	TEACHER 	INSERVICE 	TRAINING 	THANK YOU ☺
25	26	27	28	29
AM: Apple Hot Dog/Bun Carrots, Celery, Cukes French Fries Watermelon PM: Graham Cracker w/ Fruit	AM: Grapes Macaroni & Cheese Green Beans Roll Orange PM: Cereal w/ Milk	AM: Banana Tacos w/ Cheese Black Bean/Corn Salad Red Rice Pineapple Tidbits PM: Bagel w/ Cream Cheese	AM: Cottage Cheese w/ Fruit Scrambled Eggs Hash Brown Potatoes Blueberry Muffins Apple PM: Celery w/Cream Cheese	AM: Pear Oven Fried Chicken Mashed Potatoes Peas/Challah Plum PM: Apple Crisp