



ECS MENU (GOOSH & 2's) ~ JULY 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<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>	AM: Apple Tuna Salad/Wheat Lettuce & Tomato Carrots/Celery/Dip Couscous/Banana PM: PBJ Graham Cracker	AM: Orange Make your own Taco Cottage Cheese Corn/Black Bean Salad Fresh Plum PM: Cereal w/ Milk	AM: Yogurt w/ Fruit Hamburger/Bun Lettuce & Tomato Potato Salad Mixed Melon PM: Chips & Salsa	CLOSED FOR INDEPENDENCE DAY 
7	8	9	10	11
AM: Banana Tuna Noodle Casserole Green Beans Roll & Butter Citrus Salad PM: Mini Bagel w/ Egg	AM: Cottage Cheese w/ Fruit Turkey Sandwich Lettuce & Tomato Pasta Salad/Veggies Grapes PM: Crackers w/ Applesauce	AM: Apple Hot Dog/Bun Cole Slaw Baked Beans Watermelon PM: PB Celery w/ Raisins	AM: Grapes Fish Sticks Rice Peas Pineapple Tidbits PM: Vanilla Wafers w/ Milk	AM: Yogurt w/ Fruit Herb Baked Chicken Redskin Potatoes Green Beans Apple/Challah PM: Chocolate Babka
14	15	16	17	18
AM: Cereal w/ Milk Turkey Pastrami/Rye Cole Slaw Redskin Potato Salad Peaches PM: Chips & Salsa	AM: Pear Egg Salad/ on Lettuce Carrots/Celery/Cukes/Dip Couscous Watermelon PM: Bagel w/ Cream Cheese	AM: Banana Macaroni & Cheese Green Beans Roll & Butter Fresh Orange PM: French Toast w/ Fruit	AM: Cottage Cheese w/ Fruit Fish Sandwich Tossed Salad French Fries Pineapple Tidbits PM: Bread Stick w/ Marinara	AM: Orange BBQ Chicken Sweet Potatoes Peas/Challah Fresh Peach PM: Apple Crisp w/ Milk
21	22	23	24	25
AM: Banana Scrambled Eggs Hash Brown Potatoes Bagel & Cream Cheese Orange PM: Donut w/ Fruit	AM: Apple Baked Ziti Mixed Green Salad Garlic Roll Pears PM: Graham Crackers w/ Fruit	AM: Watermelon Hamburger/Bun Lettuce & Tomato French Fries Peaches PM: Chips & Salsa	AM: Yogurt w/ Fruit Tuna Wrap Lettuce & Tomato Cukes, Carrots/Celery Couscous/Plum PM: Mini Bagel w/ Egg	AM: Cereal w/ Milk Oven Fried Chicken Mashed Potatoes Green Beans Citrus Salad/Challah PM: PB Pretzels
28	29	30	31	
AM: Cottage Cheese w/ Fruit Chicken Salad/Grapes Roll & Butter Cukes & Carrots Apple PM: PBJ Graham Cracker	AM: Watermelon Veggie Pizza Mixed Green Salad Cottage Cheese Pineapple Tidbits PM: Cereal w/ Milk	AM: Banana Tomato Soup Grilled Cheese Baked Potato Fresh Peach PM: Bagel w/ Cream Cheese	AM: Yogurt w/ Fruit Lentil Soup Chef Salad/Turkey Salami Roll Mixed Melon PM: PB Celery w/ Raisins	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

This menu is for Rooms 119~123~126~135~136~138~139 ONLY
ALL other classrooms bring packed DAIRY lunches for Camp!!!