


# ECS MENU ~ FEBRUARY 2008

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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		AM: Orange BBQ Chicken Redskin Potatoes Broccoli Applesauce/Challah PM: Apple Dumpling
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
AM: Banana Salami Sandwich on Rye Cukes & Carrots Corn on the Cob Citrus Salad PM: PBJ on wheat	AM: Pear Johnny Marzetti Tossed Salad/Tomato Roll & Margarine Mixed Melon PM: GrahamCrackers w/Cream Cheese	AM: Orange Tomato Soup Grilled Cheese/Wheat Baked Potato Apple PM: Yogurt w/ Peaches	AM: Apple Baked Ziti/Cheese Tossed Salad/Tomato Roll & Margarine Peaches PM: Cottage Cheese w/ Pears	AM: Grapes Herb Baked Chicken Rice Pilaf Glazed Carrots Mixed Fruit/Challah PM: Raisin Bagel w/ Juice
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
AM: Yogurt w/ Fruit Macaroni & Cheese Green Beans Roll & Margarine Orange PM: Bran Muffin w/ Juice	AM: Total Cereal w/ Milk Tuna Noodle Casserole Caesar Salad Roll & Margarine Pineapple Tidbits PM: French Toast w/ Applesauce	AM: Banana Veggie Pizza Cottage Cheese Carrots/Celery/Dip Peaches PM: Waffle w/ Fruit Cocktail	AM: Yogurt w/ Fruit Fish Sticks Cole Slaw French Fries Pears PM: Rice Cake w/ Cheese	AM: Orange Oven Fried Chicken Mashed Potatoes Peas/Challah Banana PM: Breadstick w/ Marinara
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>ALL ECS PROGRAMS</b> <b>CLOSED</b> <b>TEACHERS</b> <b>PROFESSIONAL</b> <b>DAY</b>	AM: CottageCheese w/Pineapple Chili Dog/Bun French Fries Green Beans Citrus Salad PM: Boiled Egg/Cracker	AM: Orange Taco/Cheese, Lettuce, Tomato, Salsa Spanish Rice/Black Beans Mixed Melon PM: Chips & Salsa	AM: Yogurt w/ Fruit Spaghetti/Meatballs Tossed Salad/Tomato Garlic Roll Pears PM: PBJ English Muffin w/ Fruit Cup	AM: Apple Italian Chicken Redskin Potatoes Mixed Veggies Orange/Challah PM: Peach Crisp
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
AM: Banana Hamburger/Bun Lettuce & Tomato French Fries Peaches PM: Boiled Egg w/ Bagel	AM: Grapes Shepherd's Pie Celery & Carrots Roll & Margarine Orange PM: Chips & Salsa	AM: Apple Pasta Marinara/Cheese & Tofu Tossed Salad Garlic Roll Pears PM: Graham Cracker w/ Fruit	AM: Cottage Cheese w/ Fruit Scrambled Eggs Hash Brown Potatoes Waffles/Syrup & Margarine Mixed Melon PM: Waffle w/ Peaches	AM: Banana Sweet & Sour Chicken Rice/Challah Chinese Veggies Pineapple Tidbits PM: Bagel w/ Boiled Egg