

JCC ECS MENU

March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			AM: Yogurt Grilled Cheese Tomato Soup/Green Beans Peaches PM: Bagel with Boiled egg	AM: Bananas Mac and Cheese Carrots Fruit Cocktail PM: Wheat Cracker and cheese stick	AM: Apple BBQ Chicken Red Skin Potatoes Carrots Challah/Apple Sauce PM: Cereal with Milk	
5	6	7	8	9	10	11
	AM: Orange Veggie Cutlet w Gravy Brown Rice Mixed Vegetable Mixed fruit PM: Cereal Bar	AM: Apple Sloppy Joe w/ Wheat Bun Peas and Carrots Brown Rice Sliced Pears PM: Bagel with Cream Cheese	AM: Banana Cheese Pizza Tossed Salad with Ranch Dressing Mandarin Oranges PM: Rice Chex with Milk	AM: Yogurt Baked Ziti with Tofu Lima Beans Fruit Cocktail PM: English Muffin / Jelly and Cream Cheese	AM: Pineapple Sweet and Sour Chicken Brown Rice Chinese Vegetables Challah/Apple Sauce PM: Sun Butter Sandwiches	
12	13	14	15	16	17	18
	AM: Banana Veggie tenders with BBQ Mixed Vegetables Pineapple PM: Bagel and Boiled Egg	AM: Apple Turkey Sandwich w/ Wheat Bun Corn Peaches PM: Yogurt	AM: Orange Grilled Cheese Tomato Soup Sliced Pears PM: Cottage cheese and Pineapple	AM: Banana DIY Taco w/ Lettuce, Tomato, Sour Cream, Rice, Corn and Black Bean Salsa Shredded cheese PM: Chex cereal	AM: Pear Herb Baked Chicken Brown Rice Green Beans Challah/Apple Sauce PM: Fruit/Cereal bar	
19	20	21	22	23	24	25
	AM :Orange Veggie Parmesan w/ Rotini Pasta/ Mixed Vegetables Tropical Fruit PM: Soy Butter Sandwich	AM: Banana Hamburger w/ Wheat Bun Potato Wedges Carrots / Peaches PM: Cereal Bar	AM: Pear Cheese Pizza Tossed Salad w/ Ranch Dressing Fruit Cocktail PM: Yogurt with Pears	AM: Orange Mac and Cheese Broccoli Pears PM: Rice Cereal and Milk	AM: Apple Roasted Chicken Mashed potatoes and Gravy Peas Challah/Applesauce PM: Cereal bar and milk	
26	27	28	29	30	31	
	AM: Banana Veggie Cutlet Sandwich Mixed Vegetables Mandarin Oranges PM: Cheese stick with wheat crackers	AM: Cottage cheese and pineapple M/B Sub w Wheat Bun Potato Wedges Pease and Carrots Peaches PM: Corn flakes w/ Milk	AM: Pears Grilled Cheese Tomato Soup Corn Mandarin Oranges PM: apple slice with yogurt	AM: Apples Bakes Ziti w/ Tofu Carrots Fruit Cocktail PM: Blueberry Muffin	AM: Orange BBQ Chicken Red Skin Potatoes Lima Beans Challah/Applesauce PM: Sun Butter Sandwich	
	Portion Sizes	1-2 yrs	3-5 yrs	<i>Milk served daily w/ snacks, lunch & PM snack. We provide Similac Advance for our infants & a variety of fruits, veggies & cereal.</i>	<i>Alternative snacks will be served for infant & toddler rooms when necessary. They will have the same nutritional value.</i>	<i>“USDA is an equal opportunity provider and employer”</i>
	Protein	1 oz	1 ½ oz			
	Veg/Fruit	¾ cup	½ cup			
	Bread	½ slice	½ slice			
	Milk	½ cup	¾ cup			