

JCC ECS MENU

May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	AM: Oranges Penne with Alfredo & Broccoli Corn Mixed Fruit PM: Cornflakes & Milk	AM: Banana Hamburger w/ Wheat Bun Potato Wedges Carrots Peaches PM: Bagel w/ Cream Cheese	AM: Pear Grilled Cheese Tomato Soup Green Beans Mandarin Oranges PM: Apples & Soy Butter	AM: Yogurt DIY Taco w/ Lettuce/Tomato/ Sour Cream/Rice/Corn & Black Bean Salsa/Cheese Pineapple PM: Cheerios & Milk	AM: Apple Herb Baked Chicken Brown Rice Green Beans Challah/Apple Sauce PM: Mozz Stick w/ Marinara	
7	8	9	10	11	12	13
	AM: Pear Spaghetti w/ Marinara & Tofu Mixed Vegetables Mandarin Oranges PM: Rice Krispies w/ Milk	AM: Apple Chicken Schnitzel Brown Rice Carrots Mixed Fruit PM: Cottage Cheese w/ Apricots	AM: Banana Cheese Pizza Tossed Salad w/ Ranch Peaches PM: Yogurt w/ Graham Cracker	AM: Orange Veggie Parmesan w/ Spaghetti Rotini Wheat Pasta Mixed Vegetables Tropical Fruit PM: Rice Chex & Milk	AM: Watermelon Roasted Chicken Brown Rice Peas & Carrots Challah/ Applesauce PM: Soy Butter Sandwich	
14	15	16	17	18	19	20
	AM: Apple Baked Ziti w/ Tofu Lima Beans Mandarin Oranges PM: Mozzarella Stick w/ Marinara	AM: Banana Deli Hoagie w/ Wheat Bun Potato Wedges Fruit Cocktail PM: Pita w/ Black Bean Dip	AM: Orange Grilled Cheese Tomato Soup Green Beans Mandarin Oranges PM: Corn Chex w/ Milk	AM: Cottage Cheese & Peaches Veggie Nuggets w/ BBQ Mixed Vegetables Pineapple PM: Crackers w/ American Cheese	AM: Banana Lemon Pepper Chicken Red Skin Potatoes Peas Challah/Apple Sauce PM: Nutrigrain Bar	
21	22	23	24	25	26	27
	AM :Orange Mac & Cheese Broccoli Pears PM: Yogurt	AM: Banana Sloppy Joe w/ Wheat Bun Peas & Carrots Brown Rice Sliced Pears PM: Hard Boiled Egg w/ Bagel	AM: Apple Cheese Pizza Tossed Salad w/ Ranch Fruit Cocktail PM: Cottage Cheese w/ Sliced Apples	AM: Yogurt DIY Taco w/ Lettuce/Tomato/ Sour Cream/Rice/Corn & Black Bean Salsa/Cheese Tropical Fruit PM: Cheerios w/ Milk	AM: Pear BBQ Chicken Redskin Potatoes Carrots Challah/Applesauce PM: Soy Butter Sandwich	
28	29	30	31			
	ECS CLOSED MEMORIAL DAY	AM: Apple Meatball Sub w/ Wheat Bun Potato Wedges Peas & Carrots Peaches PM: Chex & Milk	ECS CLOSED SHAVUOT			
	Portion Sizes	1-2 yrs	3-5 yrs	Milk served daily w/ snacks, lunch & PM snack. We provide Similac Advance for our infants & a variety of fruits, veggies & cereal.	Alternative snacks will be served for infant & toddler rooms when necessary. They will have the same nutritional value.	“USDA is an equal opportunity provider and employer”
	Protein	1 oz	1 ½ oz			
	Veg/Fruit	¾ cup	¾ cup			
	Bread	½ slice	½ slice			
	Milk	½ cup	¾ cup			