

# JCC ECS MENU

## August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31	1	2	3	4	5
	AM :Pears Baked Ziti w/ Tofu Lima Beans Mandarin Oranges PM: Soybutter & Jelly Sandwich	AM: Banana Veggie Cutlet w/ Wheat Bun Mashed Potatoes Carrots/Peaches PM: Wheat English Muffin with Cream Cheese	AM: Apples Veggie Johnny Marzetti Tossed Salad Tropical Fruit PM: Apple w/ Soy Butter	AM: Yogurt DIY Taco w/ Lettuce/Tomato Sour Cream/ Rice/Corn & Black Bean Salsa/ Cheese Pineapple PM: Cheerios w/ Milk	AM: Plums Herb Baked Chicken Brown Rice Green Beans Challah/Apple Sauce PM: Mozz stick w/ Marinara	
6	7	8	9	10	11	12
<b>NO SCHOOL TEACHER ORIENTATION WEEK</b>						
13	14	15	16	17	18	19
	AM :Apple Baked Ziti w/ Tofu Lima Beans Mandarin Oranges  PM: Mozz stick w/ Marinara	AM: Banana Turkey w/ Wheat Bread Potato Wedges Fruit Cocktail  PM: English Muffin w/ Cream Cheese	AM: Orange Grilled Cheese Green Beans Mandarin Oranges  PM: Corn Chex w/ Milk	AM: Peaches w/ Cottage Cheese Veggie Tenders w/ BBQ Mixed Vegetables Pineapple PM: Crackers w/ American Cheese	AM: Banana Herb Baked Chicken Brown Rice Green Beans Challah/Apple Sauce PM: Soy Butter Sandwich	
20	21	22	23	24	25	26
	AM: Orange Wheat 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 Apple	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	
27	28	29	30	31		
	AM: Yogurt Veggie Parmesan Rotini Pasta Mixed Vegetables Tropical Fruit PM: Soy Butter Sandwich	AM: Apple Meatball w/ Wheat Bun Potato Wedges Peas & Carrots Peaches PM: Chex w/ Milk	AM: Orange Grilled Cheese Green Beans Mandarin Oranges PM: Cottage Cheese w/ Sliced Apples	AM: Banana Veggie Tenders w/ BBQ Mixed Vegetables Pineapple PM: Crackers w/ American Cheese		
	<b>Portion Sizes</b> <b>Protein</b> <b>Veg/Fruit</b> <b>Bread</b> <b>Milk</b>	<b>1-2 yrs</b> <b>1 oz</b> <b>¼ cup</b> <b>½ slice</b> <b>½ cup</b>	<b>3-5 yrs</b> <b>1 ½ oz</b> <b>½ cup</b> <b>½ slice</b> <b>¾ cup</b>	<b>Milk served daily w/ snacks, lunch &amp; PM snack. We provide Similac Advance for our infants &amp; a variety of fruits, veggies &amp; cereal.</b>	<b>Alternative snacks will be served for infant &amp; toddler rooms when necessary. They will have the same nutritional value.</b>	<b>“USDA is an equal opportunity provider and employer”</b>