

JCC ECS MENU

February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			AM: Orange Cheese Pizza Tossed Salad w/ Ranch Dressing Mandarin Oranges PM: Yogurt w/ Granola	AM: Pear Veggie Cutlet Brown Rice Chefs Vegetable Mixed Fruit PM: Wheat Bagel w/ Egg	AM: Sliced Apples Herb Baked Chicken Brown Rice Green Beans Challah/Apple Sauce PM: Sun Butter Sandwich	
5	6	7	8	9	10	11
	AM: Orange Wheat Baked Ziti w/ Tofu Lima Beans Fruit Cocktail PM: Wheat Bagel w/ Hardboiled Egg	AM: Banana Sloppy Joe w/ Wheat Bun Peas and Carrots Brown Rice Sliced Pears PM: Rice Krispies w/ Milk	AM: Apple Slices Wheat Grilled Cheese Tomato Soup Corn Mandarin Oranges PM: Cottage Cheese w/ Peaches	AM: Orange Veggie Parm. w/ Mozzarella Rotini Pasta Mixed Vegetables Tropical Fruit PM: Chex w/ Milk	AM: Pear BBQ Chicken Red Skin Potatoes Carrots Challah/Apple Sauce PM: Cheese Stick w/ Wheat Crackers	
12	13	14	15	16	17	18
	AM: Orange Wheat Mac & Cheese Broccoli Pears PM: Animal Crackers w/ Yogurt	AM: Cottage Cheese w/ Pineapple Turkey Sandwich w/ Wheat Bun Corn Peaches PM: Bagel w/ Cream Cheese	AM: Pear Cheese Pizza Tossed Salad w/ Ranch Dressing Fruit Cocktail PM: Graham Cereal w/ Milk	AM: Apple Veggie Meatball Sub w/ Wheat Roll Tossed Salad w/ Ranch Dressing Mandarin Oranges PM: Wheat Bagel w/ Milk	AM: Orange Lemon Pepper Chicken Brown Rice Corn Challah/Apple Sauce PM: English Muffin w/ Cheese Slice	
19	20	21	22	23	24	25
	ECS CLOSED Parent-Teacher Conferences	AM: Banana Hamburger w/ Wheat Bun Carrots Peaches PM: Wheat Bagel w/ Egg	AM: Apple Cheese Pizza Tossed Salad w/ Ranch Dressing Fruit Cocktail PM: Cheerios w/ Milk	AM: Fruit Yogurt Veggie Nuggets w/ BBQ Mixed Vegetable Pineapple PM: Cottage Cheese w/ Pineapple	AM: Orange Herb Baked Chicken Redskin Potatoes Peas Challah/Applesauce PM: Sun Butter Sandwich	
26	27	28				
	AM: Pear Wheat Baked Ziti w/Tofu Carrots Fruit Cocktail PM: Graham Stix w/ Soy Butter & Jelly	AM: Banana Turkey Sandwich w/ Wheat Bun Corn Peaches PM: Rice Krispies w/ Milk				
	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	½ cup			
	Bread	½ slice	½ slice			
	Milk	½ cup	¾ cup			