

JCC ECS MENU

April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	AM: Pear Veggie Tenders w/ BBQ Mixed Vegetables Pineapple PM: Bagel w/ Cream Cheese & Jelly	AM: Yogurt Hamburger w Wheat Bun Potato Wedges Carrots Peaches PM: Corn flakes w/ Milk	AM: Banana Grilled Cheese Tossed Salad w/ Ranch Mandarin Oranges PM: Cottage Cheese w/ Fruit	AM: Orange Wheat Mac and Cheese Carrots Fruit Cocktail PM: Hard Boiled Egg w/ English Muffin	AM: Pear Herb Baked Chicken Brown Rice Green Beans Challah/Apple Sauce PM: Cheerios w/ Milk	
9	10	11	12	13	14	15
	AM: Apple Cheese Omelet Hash Brown Carrots Citrus Salad PM: Rice Krispies w/ Milk	ECS CLOSED PASSOVER	ECS CLOSED PASSOVER	AM: Pear Sloppy Joe Passover Bun Zucchini/ Butternut Squash Fruit PM: Matzo w/ American Cheese	AM: Banana BBQ Chicken Potatoes Broccoli Pancake Fruit PM: Matzo w/ Jelly	
16	17	18	19	20	21	22
	FESTIVAL DAY AM: Banana Turkey Salad Matzo Tossed Salad Apple PM: Cereal w/ Milk	FESTIVAL DAY AM: Apple Turkey Sandwich w/ Passover Bun Carrots Fruit PM: Muffin w/ Jelly	AM: Apple Grilled Cheese Tomato Soup Sliced Pears PM: Rice Chex w/ Milk	AM: Banana Veggie Nuggets Brown Rice Peas Peaches PM: Yogurt w/ Apple Slices	AM: Orange BBQ Chicken Red Skin Potatoes Carrots Challah/Apple Sauce PM: Soy Butter Sandwich	
23	24	25	26	27	28	29
	AM :Pear Veggie Cutlet Mixed Vegetables Mandarin Oranges PM: Mozzarella Stick w/ Wheat Crackers	AM: Banana Turkey Sandwich w/ Wheat Bun Corn Peaches PM: Cottage Cheese w/ Pineapple	AM: Yogurt Cheese Pizza Tossed Salad w/ Ranch Fruit Cocktail PM: Hard Boiled Egg w/ English Muffin	AM: Orange Wheat Baked Ziti w/ Tofu Lima Beans Fruit Cocktail PM: Rice Krispies w/ Milk	AM: Apple Lemon Pepper Chicken Mashed potatoes and Gravy Peas Challah/Applesauce PM: Graham Cracker w/ Soy Butter & Jelly	
30						
	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			