

JCC ECS MENU

June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				ECS CLOSED SHAVUOT	AM: Apple Herb Baked Chicken Brown Rice Green Beans Challah/Apple Sauce PM: Apples w/ Soy Butter	
4	5	6	7	8	9	10
AM: Pear Spaghetti w/ Marinara & Tofu Mixed Vegetables Corn PM: Peach & Cottage Cheese	AM: Banana Hamburger w/ Wheat Bun Potato Wedges Carrots Tropical Fruit PM: Cheerios w/ Milk	AM: Orange Veggie Tenders w/ BBQ Brown Rice Green Beans Apple PM: Corn Muffin w/ Jelly	AM: Yogurt Baked Ziti Tossed Salad w/ Ranch Tropical Fruit Wheat Roll w/ Margarine PM: Apple Cereal Bar	AM: Apple BBQ Chicken Brown Rice Peas & Carrots Challah/ Applesauce PM: Belvita w/ Soy Butter		
11	12	13	14	15	16	17
AM: Pears Wheat Mac & Cheese Green Beans Mandarin Oranges PM: Bran Muffin & Cream Cheese	AM: Banana Veggie Cutlet w/ Wheat Bun Peas Redskin Potatoes Fruit Cocktail PM: Apple w/ Soy Butter	AM: Apple Cheese Pizza Tossed Salad w/ Ranch Fruit Yogurt PM: Chex w/ Milk	AM: Orange DIY Taco w/ Lettuce/Tomato Sour Cream/ Rice/Corn & Black Bean Salsa/ Cheese Pineapple PM: Crackers w/ American Cheese	AM: Watermelon Turkey Sandwich w/ Wheat Bread Peas Challah/Apple Sauce PM: Bagel w/ Hard Boiled Egg		
18	19	20	21	22	23	24
AM :Apples Baked Ziti w/ Tofu Lima Beans Pears PM: Rice Chex & Milk	AM: Plum Hamburger w/ Wheat Bun Peas & Carrots Potato Wedges Sliced Pears PM: Sunbutter Sandwiches	AM: Peaches Veggie Cutlet Sandwich w/ Wheat Bun Corn Fruit Cocktail PM: Yogurt & Sliced Apples	AM: Banana Grilled Cheese Green Beans Pineapple PM: Cheese Stick w/ Crackers	AM: Pear Turkey Sandwich w/ Wheat Bread Carrots Challah/Applesauce PM: Belvita w/ Soy Butter		
25	26	27	28	29	30	
AM: Nectarines Wheat Mac & Cheese Corn Mixed Fruit PM: Bran Muffin w/ Apples	AM: Pear Veggie Cutlet w/ Wheat Bun Redskin Potatoes Peas & Carrots Peaches PM: Cornflakes & Milk	AM: Pineapple Chunks Pizza Tossed Salad w/ Ranch Fruit Yogurt PM: Cottage Cheese & Peaches	AM: Tangerines DIY Taco w/ Lettuce/Tomato Sour Cream/ Rice/Corn & Black Bean Salsa/ Cheese Pineapples PM: Fried Apples	AM: Yogurt Turkey Sandwich Green Beans Challah/Apple Sauce PM: Crackers & Cheese		
	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			