

# JCC ECS MENU

## November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				AM: Banana Veggie Tenders w/ BBQ Brown Rice* Mixed Veggies Sliced Pears PM: Crackers w/ American Cheese	AM: Apple BBQ Chicken Redskin Potatoes Carrots Challah Pineapples PM: Belvita* & Applesauce	
4	5	6	7	8	9	10
	AM: Apple Mac & Cheese * Wheat Roll * Carrots Pineapple PM: Yogurt	AM: Pear Sloppy Joe w/ Wheat Bun * Potato Wedges Peas & Carrots Tropical Fruit PM: Hard Boiled Egg w/ Crackers	AM: Orange Johnny Marzetti* w/ Soy Meat Crumbles Italian Green Beans Peaches PM: Sliced Apples & Soy Butter	AM: Banana 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 Applesauce PM: Mozzarella Stick w/ Marinara	
11	12	13	14	15	16	17
	AM: Apple Baked Ziti Green Beans Mandarin Oranges PM: Soy Butter and Crackers*	AM: Pear Turkey w/ Wheat Bread* Peas and Carrots Potato Wedges Tropical Fruit PM: English Muffin & Cream Cheese	AM: Orange Cheese Pizza* Italian Green Beans Peaches PM: Corn Chex w/ Milk	AM: Banana Veggie Tenders w/ BBQ Brown Rice* Mixed Veggies Sliced Pears PM: Crackers w/ American Cheese	AM: Apple BBQ Chicken Redskin Potatoes Carrots Challah Pineapples PM: Belvita* & Applesauce	
18	19	20	21	22	23	24
	AM: Apple Mac & Cheese * Wheat Roll * Carrots Pineapple PM: Yogurt	AM: Pear Hamburger w/ Wheat Bun * Peas & Carrots Potato Wedges Tropical Fruit PM: Hard Boiled Egg w/ Bagel	AM: Orange Cheese Quesadilla Rice*, Beans & Corn Shredded Lettuce, Diced Tomatoes Peaches PM: Sliced Apples & Soy Butter	<b>ECS CLOSED THANKSGIVING</b>	<b>ECS CLOSED THANKSGIVING</b>	
25	26	27	28	29	30	
	AM: Apple Baked Ziti Green Beans Mandarin Oranges PM: Soy Butter and Crackers*	AM: Pear Turkey w/ Wheat Bread* Peas and Carrots Potato Wedges Tropical Fruit PM: English Muffin & Cream Cheese	AM: Orange Cheese Pizza* Italian Green Beans Peaches PM: Corn Chex w/ Milk	AM: Banana Veggie Tenders w/ BBQ Brown Rice* Mixed Veggies Sliced Pears PM: Crackers w/ American Cheese	AM: Apple BBQ Chicken Redskin Potatoes Carrots Challah Pineapples PM: Belvita* & Applesauce	
	<b>Portion Sizes</b>	<b>1-2 yrs</b>	<b>3-5 yrs</b>	<i>Milk served daily w/ snacks, lunch &amp; PM snack. We provide Similac with Iron for our infants &amp; a variety of fruits, veggies &amp; cereal.</i>	<i>Alternative snacks will be served for infant &amp; toddler rooms when necessary. They will have the same nutritional value.</i>	<i>“USDA is an equal opportunity provider and employer” **Indicates Whole Grain**</i>
	<b>Protein</b>	1 oz	1 ½ oz			
	<b>Veg/Fruit</b>	¼ cup	½ cup			
	<b>Bread</b>	½ slice	½ slice			
	<b>Milk</b>	½ cup	¾ cup			