

JCC ECS MENU

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31	1	2	3	4	5
	AM: Apple Baked Ziti Green Beans Mandarin Oranges PM: Soy Butter and Crackers*	ECS CLOSED NEW YEARS DAY	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	
6	7	8	9	10	11	12
	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	
13	14	15	16	17	18	19
	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	
20	21	22	23	24	25	26
	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	AM: Banana Veggie Parm w/ Mozzarella Spaghetti Mixed Veggies Apples PM: Cheerios & Milk	AM: Apple Herb Baked Chicken Brown Rice * Green Beans Challah Applesauce PM: Mozzarella Stick w/ Marinara	
27	28	29	30	31		
	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		
	Portion Sizes	1-2 YRS	3-5 YRS	<i>Milk served daily w/ snacks, lunch & PM snack. We provide Similac with Iron for our infants & a variety of fruits, veggies & cereal.</i>	<i>Alternative snacks will be served for infant & 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>
	Protein	1 oz	1 ½ oz			
	Veg/Fruit	¼ cup	½ cup			
	Bread	½ slice	½ slice			
	Milk	½ cup	¾ cup			