

JCC ECS MENU

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday															
	1	2	3	4	5	6															
	AM: Apple Baked Ziti Green Beans Mandarin Oranges PM: Soy Butter and Crackers*	AM: Pear Sloppy Joe w/ Wheat Bun * Potato Wedges Peas & Carrots Tropical Fruit PM: Hard Boiled Egg w/ Crackers	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																
7	8	9	10	11	12	13															
	AM: Apple Mac & Cheese * Wheat Roll * Carrots Pineapple PM: Cottage Cheese & Fruit	AM: Pear Turkey w/ Wheat Bread* Peas and Carrots Potato Wedges Tropical Fruit PM: English Muffin & Cream Cheese	AM: Orange Johnny Marzetti* w/ Soy Meat Crumbles Italian Green Beans Peaches PM: Sliced Apples & Soy Butter	AM: Banana Cheese Quesadilla Rice w/ Beans & Corn Shredded Lettuce & Diced Tomatoes Peaches PM: Cheerios* & Milk	AM: Apple Herb Baked Chicken Brown Rice * Green Beans Challah Applesauce PM: Mozzarella Stick w/ Marinara																
14	15	16	17	18	19	20															
	AM: Apple Baked Ziti Green Beans Mandarin Oranges PM: Soy Butter and Crackers*	AM: Pear Hamburger w/ Wheat Bun * Potato Wedges Peas & Carrots 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 Omelet Cheese Hash brown Patty Cooked Carrots Citrus Salad PM: Passover Snack																
21	PASSOVER 22	PASSOVER 23	PASSOVER 24	PASSOVER 25	FESTIVAL DAY 26	27															
	AM: Apple Sliced Turkey Matzo Salad Fruit PM: Passover Cereal w/ Milk	AM: Pear Pasta w/ Meat Sauce Vegetable Fruit PM: Matzo & American Cheese	AM: Orange Pulled Chicken Quinoa Vegetable Fruit PM: Muffin	AM: Banana Sloppy Joe Potatoes Salad Fruit PM: Macaroons & Applesauce	AM: Fruit Matzo w/ Cream Cheese Hardboiled Egg Salad Fruit PM: Passover Snack																
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																			
	<table border="1"> <tr> <td>Portion Sizes</td> <td>1-2 YRS</td> <td>3-5 YRS</td> </tr> <tr> <td>Protein</td> <td>1 oz</td> <td>1 ½ oz</td> </tr> <tr> <td>Veg/Fruit</td> <td>¼ cup</td> <td>½ cup</td> </tr> <tr> <td>Bread</td> <td>½ slice</td> <td>½ slice</td> </tr> <tr> <td>Milk</td> <td>½ cup</td> <td>¾ cup</td> </tr> </table>	Portion Sizes	1-2 YRS	3-5 YRS	Protein	1 oz	1 ½ oz	Veg/Fruit	¼ cup	½ cup	Bread	½ slice	½ slice	Milk	½ cup	¾ cup		<p><i>Milk served daily w/ snacks, lunch & PM snack. We provide Similac with Iron for our infants & a variety of fruits, veggies & cereal.</i></p>	<p><i>Alternative snacks will be served for infant & toddler rooms when necessary. They will have the same nutritional value.</i></p>	<p><i>“USDA is an equal opportunity provider and employer”</i> <i>**Indicates Whole Grain**</i></p>	
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