

# JCC ECS MENU

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			AM: Orange Johnny Marzetti w/ Soy Meat Crumbles Italian Green Beans Peaches PM: Sliced Apples & Soy Butter	AM: Apple Baked Ziti Green Beans Mandarin Oranges PM: Soy Butter and Crackers*	AM: Apple BBQ Chicken Redskin Potatoes Carrots Challah Pineapples PM: Belvita* & Applesauce	
5	6	7	8	9	10	11
	AM: Apple Mac & Cheese * Wheat Roll * Carrots Pineapple PM: Cottage Cheese & Fruit	AM: Pear Sloppy Joe w/ Wheat Bun* Peas and Carrots Potato Wedges Tropical Fruit PM: Hard Boiled Egg w/ Cracker	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 Pineapple  PM: Cheerios* & Milk	AM: Apple Herb Baked Chicken Brown Rice * Green Beans Challah Applesauce PM: Mozzarella Stick w/ Marinara	
12	13	14	15	16	17	18
	AM: Apple Baked Ziti Green Beans Mandarin Oranges PM: Soy Butter and Crackers*	AM: Pear Turkey w/ Wheat Bread * 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 BBQ Chicken Redskin Potatoes Carrots Applesauce Challah PM: Belvita* & Applesauce	
19	20	21	22	23	24	25
	AM: Apple Mac & Cheese * Wheat Roll * Carrots Pineapple PM: Cottage Cheese & Fruit	AM: Pear Hamburger w/ Wheat Bun* Peas and Carrots Potato Wedges Tropical Fruit PM: Hard Boiled Egg w/ Cracker	AM: Banana Cheese Quesadilla Rice w/ Beans & Corn Shredded Lettuce/ Diced Tomatoes Peaches PM: Sliced Apples & Soy Butter	AM: Banana Veggie Parm w/ Mozzarella Spaghetti Mixed Vegetables Apples PM: Cheerios w/ Milk	AM: Apple Herb Baked Chicken Brown Rice * Green Beans Challah Applesauce PM: Mozzarella Stick w/ Marinara	
26	27	28	29	30	31	
	<b>No School Memorial Day</b>	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 Applesauce Challah PM: Belvita* & Applesauce	
	<u>Portion Sizes</u>	<u>1-2 YRS</u>	<u>3-5 YRS</u>	<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>
	<u>Protein</u>	1 oz	1 ½ oz			
	<u>Veg/Fruit</u>	¼ cup	½ cup			
	<u>Bread</u>	½ slice	½ slice			
	<u>Milk</u>	½ cup	¾ cup			