

JCC ECS MENU

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	NO SCHOOL Labor Day	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 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 Applesauce Challah PM: Mozzarella Stick w/ Marinara	
8	9	10	11	12	13	14
	AM: Apple Baked Ziti Green Beans Mandarin Oranges PM: Soy butter & 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 Applesauce Challah PM: Belvita* & Applesauce	
15	16	17	18	19	20	21
	AM: Apple Mac & Cheese * Wheat Roll * Carrots Pineapple PM: Yogurt	AM: Pear Hamburger w/ Wheat Bun* Peas and Carrots Potato Wedges Tropical Fruit PM: Hard Boiled Egg w/ Cracker	AM: Orange Cheese Quesadilla Rice w/ Beans & Corn Shredded Lettuce & Diced Tomatoes Peaches PM: Sliced Apples & Soy Butter	AM: Banana Veggie Parmesan w/ Mozzarella Spaghetti Mixed Vegetables Apples PM: Cheerios* & Milk	AM: Apple Herb Baked Chicken Brown Rice * Green Beans Challah Applesauce PM: Mozzarella Stick w/ Marinara	
22	23	24	25	26	27	28
	AM: Apple Baked Ziti Green Beans Mandarin Oranges PM: Soy butter & 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 Applesauce Challah PM: Belvita* & Applesauce	
29	30					
	NO SCHOOL Rosh Hashanah					
	<u>Portion Sizes</u>	<u>1-2 YRS</u>	<u>3-5 YRS</u>	<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>
	<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			