

JCC ECS MENU

February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
	AM: Apple Baked Ziti* Green Beans Mandarin Oranges PM: Soy Butter w/ Crackers	AM: Pear Turkey w/ Wheat Bread* Peas & 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: American Cheese w/ Crackers	AM: Apple BBQ Chicken Redskin Potatoes Carrots Challah Fruit Cup PM: Applesauce w/ Belvita	
9	10	11	12	13	14	15
	AM: Apple Mac & Cheese Wheat Roll * Carrots Pineapple PM: Yogurt & Fruit	AM: Pear Sloppy Joe w/ Wheat Bun * Peas and Carrots Potato Wedges Tropical Fruit PM: Hard Boiled Egg w/ Crackers *	AM: Orange Cheese Quesadilla Rice w/ Beans & Corn Salsa & Sour Cream Peaches PM: Sliced Apples & Soy Butter	AM: Banana Veggie Parm w/ Mozzarella Spaghetti* Mixed Veggies Apples PM: Cheerios w/ Milk	AM: Apple Herb Baked Chicken Brown Rice Green Beans Applesauce Challah PM: Mozzarella Stick w/ Marinara	
16	17	18	19	20	21	22
	ECS CLOSED	AM: Pear Turkey w/ Wheat Bread* Peas & Carrots Potato Wedges Tropical Fruit PM: Animal Crackers* & 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: American Cheese w/ Crackers	AM: Apple BBQ Chicken Redskin Potatoes Carrots Challah Fruit Cup PM: Applesauce w/ Belvita	
23	24	25	26	27	28	29
	AM: Apple Mac & Cheese Wheat Roll * Carrots Pineapple PM: Yogurt & Fruit	AM: Pear Hamburger w/ Wheat Bun* Peas and Carrots Potato Wedges Tropical Fruit PM: Hard Boiled Egg w/ Crackers *	AM: Orange Cheese Quesadilla Rice w/ Beans & Corn Salsa & Sour Cream Peaches PM: Sliced Apples & Soy Butter	AM: Banana Veggie Parm w/ Mozzarella Spaghetti* Mixed Veggies Apples PM: Cheerios w/ Milk	AM: Apple Herb Baked Chicken Brown Rice Green Beans Applesauce Challah PM: Mozzarella Stick w/ Marinara	
	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			