

JCC ECS MENU

March 2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|---|---|--|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | 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 | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | 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 | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | 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 | |
| 29 | 30 | 31 | | | | |
| | 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 | | | | |
| | 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 | | | |