EC Menus January 2019





*Milk is served with breakfast and with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1/1	1/2	1/3	1/4
	Whl Grain English Muffin Mixed Fruit	Unsweetened Cereal Banana	Blueberry Bagel Half Strawberries	French Toast Fresh Cantaloupe Cubes
	Vegetable Soup Deli Turkey on Slider Bun Fresh Red Grapes	Cheese Quesadilla/Salsa Roasted Zucchini/Red Pepper	Spaghetti w/Meat Sauce Broccoli Fresh Orange Wedges	Honey Glazed Chicken Drumstick Roasted Potatoes Green Beans
	•	Tropical Fruit		Challah
	Cheese Crackers/Craisins	Fresh Pear	Hummus/Pita Wedges	Oat Granola
1/7 Week 2	1/8	1/9	1/10	1/11
Unsweetened Cereal	Whole Grain Biscuit	Oatmeal	Whole Wheat Toast	Belgian Waffle
Mandarin Oranges	Mixed Fruit	Banana	Hard Boiled Egg Half Fresh Orange Wedges	Strawberries
Baked Tilapia	Sweet & Sour Chicken	Pizza Bagel	Porcupine Sliders	Homemade Oven Fried
Au Gratin Potatoes	Seasoned Brown Rice	Green Salad	Seasoned Sweet Potato	Chicken Strips
Strawberries	Sweet Peas	w/Tomatoes/Ranch	Wedges	Seasoned Baby Carrots
Whole Wheat Roll	Pineapple	Dressing Diced Peaches	Diced Pears	Fresh Red Grapes Challah
Fresh Honeydew	Fresh Apple Wedges	Soft Pretzel Bites	Snack Mix	Whole Grain Bagel Half/ Cr. Cheese

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Monday	Tuesday	Wednesday	Thursday	Friday
1/14 Week 3	1/15	1/16	1/17	1/18
Unsweetened Cereal Mixed Fruit	Whole Grain Pancake Pineapple Topping	Unsweetened Cereal Banana	Blueberry Bagel Half/Cream Cheese Apricot Halves	Yogurt Strawberries
Cheesy Rotini Broccoli w/Russian Dip Diced Peaches	Fajita Chicken Strips Curried Rice Green Beans Mandarin Oranges	White Minestrone Soup Tuna Salad Wheat Crackers Fresh Red Grapes	Hamburger on Whole Wheat Roll French Fries Fruit Cup* *apples, mandarin oranges, bananas	Orange Glazed Drumsticks Roasted Zucchini & Red Peppers Tropical Fruit Challah
Soft Pretzel Bites	Fresh Apple Wedges	Whole Grain Crackers/Sun Butter	Fresh Pear	Peaches/Oat Granola
1/21 Week 4	1/22	1/23	1/24	1/25
Unsweetened Cereal Tropical Fruit	Whole Wht English Muffin Half Diced Pears & Blueberries	Oatmeal Apple Slices	Cinnamon Raisin Bagel Half Fresh Honeydew Cubes	Whl Wht Toast/Hard Boiled Egg Half Mixed Fruit
Tomato Soup Toasted Cheese Dippers on Whole Wheat Bread Strawberries	Stir Fry Chicken Lo Mein Noodles Sweet Peas Mandarin Oranges	Baked Tilapia Orzo Pilaf Green Beans Tropical Fruit	BBQ Meatballs Corn Diced Peaches Whole Wht Roll	Seasoned Chicken Drumsticks Sweet Potato Fries Apple Sauce Challah
Whole Grain Bagel Half/Sun Butter	Snack Mix	Banana	Roasted Carrot Fries w/Ranch Dressing	Fresh Orange Wedges

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Red-Fresh Fruit Blue-Fresh Vegetables Green-Snack Meat/Meat Alternate Purple-Breakfast Meat/Meat Alternate Brown-Whole Grain Food

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Monday	Tuesday	Wednesday	Thursday	Friday
1/28 Week 5	1/29	1/30	1/31	
Unsweetened Cereal	French Toast	Unsweetened Cereal	Whole Wheat Toast/	
Diced Pears	Strawberries	Banana	Sun Butter	
			Cinnamon Apple Slices	
Cheese Pita Pizza	Sloppy Joes	Scrambled Eggs	Chicken Gyros on Pita	
Garden Salad w/ Ranch	Corn on the Cob	Roasted Potatoes	Bread	
Dressing	Applesauce	Fresh Honeydew &	Lettuce/Cherry	
Tropical Fruit	Whole Wheat Roll	Cantaloupe Cubes	Tomatoes	
		Belgian Waffle	Tzatziki Sauce	
			Fresh Red Grapes	
Fresh Apple Wedges	Soft Pretzel Bites	Cheese & Crackers	Hummus/Wheat	
			Crackers	

Early Childhood Special Menus January 2019

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Red-Vegetarian Green-No red meat Blue-No Dairy No-Turkey Purple-No Eggs No Dairy & No Eggs

Milk is served with breakfast and snack Fresh fruit is subject to change depending on availability

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1/1	1/2	1/3	1/4
	Whl Grain English	Unsweetened Cereal	Blueberry Bagel Half	French Toast
	Muffin	Banana	Strawberries	Fresh Cantaloupe Cubes
	Mixed Fruit		~ 1 . 7.5	77 01 10111
	Vegetable Soup	Cheese	Spaghetti w/Meat Sauce	Honey Glazed Chicken
	Deli Turkey on Slider	Quesadilla/Salsa	Spaghetti w/Tofu &	Drumstick
	Bun	Hard Boiled	Sauce /T. C. 6	Seasoned Veggie Patty
	Seasoned Tofu on Slider Bun	Egg/Tortilla/Salsa Roasted Zucchini/Red	Spaghetti w/Tofu & Sauce	Roasted Potatoes Green Beans
	Fresh Red Grapes	Pepper	Broccoli	Challah
	Tresh Red Grapes	Tropical Fruit	Fresh Orange Wedges	Chanan
		Tropical Fruit	Tresh Orange wedges	
	Cheezits/Craisins	Fresh Pear	Hummus/Pita Wedges	Oat Granola
		1100111041	Trainings/Tree (Cages)	out Grundiu
1/7 Week 2	1/8	1/9	1/10	1/11
Unsweetened Cereal	Whole Grain Biscuit	Oatmeal	Whole Wheat Toast	Belgian Waffle
Mandarin Oranges	Mixed Fruit	Banana	Hard Boiled Egg Half	Strawberries
1	1,1111001110110	Bullullu		Strawouries
			Fresh Orange Wedges	
Baked Tilapia	Sweet & Sour Chicken	Pizza Bagel	Fresh Orange Wedges Porcupine Sliders	Homemade Oven Fried
Baked Tilapia Seasoned Veggie Patty	Sweet & Sour Chicken Sweet & Sour Tofu	Pizza Bagel Pizza Bagel w/veggie	Fresh Orange Wedges Porcupine Sliders Tofu Porcupine Sliders	Homemade Oven Fried Chicken Strips
Baked Tilapia Seasoned Veggie Patty Au Gratin Potatoes	Sweet & Sour Chicken Sweet & Sour Tofu Seasoned Brown Rice	Pizza Bagel Pizza Bagel w/veggie patty crumbles & sauce	Fresh Orange Wedges Porcupine Sliders Tofu Porcupine Sliders Seasoned Sweet Potato	Homemade Oven Fried Chicken Strips Seasoned Tofu Nuggets
Baked Tilapia Seasoned Veggie Patty Au Gratin Potatoes Strawberries	Sweet & Sour Chicken Sweet & Sour Tofu Seasoned Brown Rice Sweet Peas	Pizza Bagel Pizza Bagel w/veggie patty crumbles & sauce Green Salad	Fresh Orange Wedges Porcupine Sliders Tofu Porcupine Sliders Seasoned Sweet Potato Wedges	Homemade Oven Fried Chicken Strips Seasoned Tofu Nuggets Seasoned Baby Carrots
Baked Tilapia Seasoned Veggie Patty Au Gratin Potatoes	Sweet & Sour Chicken Sweet & Sour Tofu Seasoned Brown Rice	Pizza Bagel Pizza Bagel w/veggie patty crumbles & sauce Green Salad w/Tomatoes/Ranch	Fresh Orange Wedges Porcupine Sliders Tofu Porcupine Sliders Seasoned Sweet Potato	Homemade Oven Fried Chicken Strips Seasoned Tofu Nuggets Seasoned Baby Carrots Fresh Red Grapes
Baked Tilapia Seasoned Veggie Patty Au Gratin Potatoes Strawberries	Sweet & Sour Chicken Sweet & Sour Tofu Seasoned Brown Rice Sweet Peas	Pizza Bagel Pizza Bagel w/veggie patty crumbles & sauce Green Salad w/Tomatoes/Ranch Dressing	Fresh Orange Wedges Porcupine Sliders Tofu Porcupine Sliders Seasoned Sweet Potato Wedges	Homemade Oven Fried Chicken Strips Seasoned Tofu Nuggets Seasoned Baby Carrots
Baked Tilapia Seasoned Veggie Patty Au Gratin Potatoes Strawberries Whole Wheat Roll	Sweet & Sour Chicken Sweet & Sour Tofu Seasoned Brown Rice Sweet Peas Pineapple	Pizza Bagel Pizza Bagel w/veggie patty crumbles & sauce Green Salad w/Tomatoes/Ranch Dressing Diced Peaches	Fresh Orange Wedges Porcupine Sliders Tofu Porcupine Sliders Seasoned Sweet Potato Wedges Diced Pears	Homemade Oven Fried Chicken Strips Seasoned Tofu Nuggets Seasoned Baby Carrots Fresh Red Grapes Challah
Baked Tilapia Seasoned Veggie Patty Au Gratin Potatoes Strawberries	Sweet & Sour Chicken Sweet & Sour Tofu Seasoned Brown Rice Sweet Peas	Pizza Bagel Pizza Bagel w/veggie patty crumbles & sauce Green Salad w/Tomatoes/Ranch Dressing	Fresh Orange Wedges Porcupine Sliders Tofu Porcupine Sliders Seasoned Sweet Potato Wedges	Homemade Oven Fried Chicken Strips Seasoned Tofu Nuggets Seasoned Baby Carrots Fresh Red Grapes Challah Whole Grain Bagel
Baked Tilapia Seasoned Veggie Patty Au Gratin Potatoes Strawberries Whole Wheat Roll	Sweet & Sour Chicken Sweet & Sour Tofu Seasoned Brown Rice Sweet Peas Pineapple	Pizza Bagel Pizza Bagel w/veggie patty crumbles & sauce Green Salad w/Tomatoes/Ranch Dressing Diced Peaches	Fresh Orange Wedges Porcupine Sliders Tofu Porcupine Sliders Seasoned Sweet Potato Wedges Diced Pears	Homemade Oven Fried Chicken Strips Seasoned Tofu Nuggets Seasoned Baby Carrots Fresh Red Grapes Challah
Baked Tilapia Seasoned Veggie Patty Au Gratin Potatoes Strawberries Whole Wheat Roll	Sweet & Sour Chicken Sweet & Sour Tofu Seasoned Brown Rice Sweet Peas Pineapple	Pizza Bagel Pizza Bagel w/veggie patty crumbles & sauce Green Salad w/Tomatoes/Ranch Dressing Diced Peaches	Fresh Orange Wedges Porcupine Sliders Tofu Porcupine Sliders Seasoned Sweet Potato Wedges Diced Pears	Homemade Oven Fried Chicken Strips Seasoned Tofu Nuggets Seasoned Baby Carrots Fresh Red Grapes Challah Whole Grain Bagel

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Unsweetened Cereal Mixed Fruit	Whole Grain Pancake Pineapple Topping	Unsweetened Cereal Banana	Blueberry Bagel Half/Cream Cheese Apricot Halves	Yogurt Strawberries
Cheesy Rotini Seasoned Rotini w/Veggie Patty Broccoli w/Russian Dip Cantaloupe No Russian Dip-contains mayonnaise/eggs	Fajita Chicken Strips Fajita Tofu Strips Curried Rice Green Beans Mandarin Oranges	White Minestrone Soup Tuna Salad Hard Boiled Egg Hard Boiled Egg Wheat Crackers Fresh Red Grapes	Hamburger on Whole Wheat Roll Veggie Patty on Whole Wheat Roll Veggie Patty on Whole Wheat Roll French Fries Fruit Cup	Orange Glazed Drumsticks Orange Glazed Tofu Slices Sweet Peas Tropical Fruit Challah
Soft Pretzel Bites	Fresh Apple Wedges	Whole Grain Crackers/Sun Butter	Fresh Pear	Peaches/Oat Granola
1/21 Week 4	1/22	1/23	1/24	1/25
Unsweetened Cereal Tropical Fruit	Whole Wht English Muffin Half Diced Pears & Blueberries	Oatmeal Apple Slices	Cinnamon Raisin Bagel Half Fresh Honeydew Cubes	Whl Wht Toast/Hard Boiled Egg Half Mixed Fruit
Tomato Soup Toasted Cheese Dippers on Whole Wheat Bread Sun Butter on Whole Wheat Bread Strawberries Whole Grain Bagel Half/Sun Butter	Stir Fry Chicken Stir Fry Tofu Lo Mein Noodles Sweet Peas Mandarin Oranges Snack Mix	Baked Tilapia Baked Tofu Slice Orzo Pilaf Green Beans Tropical Fruit Banana	BBQ Meatballs BBQ Veggie Patty BBQ Veggie Patty Corn Diced Peaches Whole Wht Roll Roasted Carrot Fries w/Ranch Dressing	Seasoned Chicken Drumsticks Seasoned Tofu Strips Sweet Potato Fries Apple Sauce Challah Fresh Orange Wedges

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Diced Pears	Strawberries	Banana	Sun Butter	
			Cinnamon Apple Slices	
Cheese Pita Pizza	Sloppy Joes	Scrambled Eggs	Chicken Gyros on Pita	
Sun Butter on Whl Wht	Sloppy Tofu Crumbles	Sun Butter	Bread	
Garden Salad w/ Ranch	Sloppy Tofu Crumbles	Roasted Potatoes	Tofu Gyro on Pita Bread	
Dressing	Corn on the Cob	Fresh Honeydew &	Lettuce/Cherry	
Tropical Fruit	Applesauce	Cantaloupe Cubes	Tomatoes	
	Whole Wheat Roll	Belgian Waffle	Tzatziki Sauce	
No Ranch Dressing-			Fresh Red Grapes	
contains mayonnaise/eggs				
Fresh Apple Wedges	Soft Pretzel Bites	Cheese & Crackers	Hummus/Wheat	
			Crackers	