

EC Menus January 2019

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



*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 Tropical Fruit	Spaghetti w/Meat Sauce Broccoli Fresh Orange Wedges	Honey Glazed Chicken Drumstick Roasted Potatoes Green Beans 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 Mandarin Oranges	Whole Grain Biscuit Mixed Fruit	Oatmeal Banana	Whole Wheat Toast Hard Boiled Egg Half Fresh Orange Wedges	Belgian Waffle Strawberries
Baked Tilapia Au Gratin Potatoes Strawberries Whole Wheat Roll	Sweet & Sour Chicken Seasoned Brown Rice Sweet Peas Pineapple	Pizza Bagel Green Salad w/Tomatoes/Ranch Dressing Diced Peaches	Porcupine Sliders Seasoned Sweet Potato Wedges Diced Pears	Homemade Oven Fried Chicken Strips Seasoned Baby Carrots Fresh Red Grapes Challah
Fresh Honeydew	Fresh Apple Wedges	Soft Pretzel Bites	Snack Mix	Whole Grain Bagel Half/ Cr. Cheese

EC Menus January 2019

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



*Milk is served with breakfast and with snack.

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

EC Menus January 2019

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



*Milk is served with breakfast and with snack.

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

Early Childhood Special Menus January 2019



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 Muffin Mixed Fruit	Unsweetened Cereal Banana	Blueberry Bagel Half Strawberries	French Toast Fresh Cantaloupe Cubes
	Vegetable Soup Deli Turkey on Slider Bun Seasoned Tofu on Slider Bun Fresh Red Grapes	Cheese Quesadilla/Salsa Hard Boiled Egg/Tortilla/Salsa Roasted Zucchini/Red Pepper Tropical Fruit	Spaghetti w/Meat Sauce Spaghetti w/Tofu & Sauce Spaghetti w/Tofu & Sauce Broccoli Fresh Orange Wedges	Honey Glazed Chicken Drumstick Seasoned Veggie Patty Roasted Potatoes Green Beans Challah
	Cheezits/Craisins	Fresh Pear	Hummus/Pita Wedges	Oat Granola
1/7	1/8	1/9	1/10	1/11
Week 2				
Unsweetened Cereal Mandarin Oranges	Whole Grain Biscuit Mixed Fruit	Oatmeal Banana	Whole Wheat Toast Hard Boiled Egg Half Fresh Orange Wedges	Belgian Waffle Strawberries
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	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
Fresh Honeydew	Fresh Apple Wedges	Soft Pretzel Bites	Snack Mix	Whole Grain Bagel Half/ Cr. Cheese

Early Childhood Special Menus January 2019



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
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 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	Stir Fry Chicken Stir Fry Tofu Lo Mein Noodles Sweet Peas Mandarin Oranges	Baked Tilapia Baked Tofu Slice Orzo Pilaf Green Beans Tropical Fruit	BBQ Meatballs BBQ Veggie Patty BBQ Veggie Patty Corn Diced Peaches Whole Wht Roll	Seasoned Chicken Drumsticks Seasoned Tofu Strips Sweet Potato Fries Apple Sauce Challah
Whole Grain Bagel Half/Sun Butter	Snack Mix	Banana	Roasted Carrot Fries w/Ranch Dressing	Fresh Orange Wedges

Early Childhood Special Menus January 2019



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
1/28	Week 5	1/29	1/30	1/31	
Unsweetened Cereal Diced Pears		French Toast Strawberries	Unsweetened Cereal Banana	Whole Wheat Toast/ Sun Butter Cinnamon Apple Slices	
Cheese Pita Pizza Sun Butter on Whl Wht Garden Salad w/ Ranch Dressing Tropical Fruit No Ranch Dressing- contains mayonnaise/eggs		Sloppy Joes Sloppy Tofu Crumbles Sloppy Tofu Crumbles Corn on the Cob Applesauce Whole Wheat Roll	Scrambled Eggs Sun Butter Roasted Potatoes Fresh Honeydew & Cantaloupe Cubes Belgian Waffle	Chicken Gyros on Pita Bread Tofu Gyro on Pita Bread Lettuce/Cherry Tomatoes Tzatziki Sauce Fresh Red Grapes	
Fresh Apple Wedges		Soft Pretzel Bites	Cheese & Crackers	Hummus/Wheat Crackers	