

JUNE ~ 2009

ECA -School Breakfast Menu-

Note- Menu is subject to availability. Substitution may be necessary occasionally.

A Variety of Milk-(1% lowfat, 2% lowfat and fat free) is served

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>6/1 -WK-6</u> <u>1 c- Cereal- Honey Nut Cheerio</u> <u>1 oz Graham Cracker</u> <u>8 oz - Milk</u> <u>½ c Peach</u>	<u>6/2</u> <u>2 - Pancakes</u> <u>1.5 oz- Turkey Sausage</u> <u>1.5 oz - Syrup</u> <u>4 oz - Juice- Grape</u> <u>8 oz - Milk</u>	<u>6/3</u> <u>½ c Grits 1T cheese OR</u> <u>1 c Cold cereal</u> <u>1 oz Turkey Link Sausage</u> <u>8 oz - Milk</u> <u>4 oz -Juice-Apple</u>	<u>6/4</u> <u>3- French Toast Sticks</u> <u>1.5 oz - Syrup</u> <u>8 oz - Milk</u> <u>½ c Apple Sauce</u>	<u>6/5</u> <u>½ Jelly Sandwich on WW Bread</u> <u>1-Cereal-Cinn Toast Crnch</u> <u>8 oz - Milk</u> <u>4 oz - Juice-Orange/P/A</u>
<u>6/8 -WK-1</u> <u>1c- Cheerio</u> <u>1 Cinn. Raisin Bread w/ 1 t Marg</u> <u>8oz - Milk</u> <u>½ c Fruit (P/A)</u>	<u>6/9</u> <u>½ c Oatmeal OR</u> <u>1 c Cold Cereal</u> <u>1 oz Turkey Link sausage</u> <u>8oz - Milk</u> <u>4oz - Juice-Orange</u>	<u>6/10</u> <u>1.5 oz Mini Muffin</u> <u>1 CinnToastCrun Cereal</u> <u>8 oz Milk</u> <u>½ c Fruit (Peach Sl</u>	<u>6/11</u> <u>2- Pancakes</u> <u>1 oz-Turkey Sausage Link</u> <u>1.5 oz - Syrup</u> <u>8oz - Milk</u> <u>4oz - Juice-Apple</u>	<u>6/12</u> <u>2 oz.-Banana Blueberry Bread</u> <u>1- c Cereal- Total</u> <u>8oz - Milk</u> <u>4oz - Juice- Org-Pineapple</u>
<u>6/15 -WK 2</u> <u>1- c Honey Nut Cheerio</u> <u>2- Apple Turnovers</u> <u>8oz - Milk</u> <u>4 oz Juice-Grape</u>	<u>6/16</u> <u>1- Biscuit w/</u> <u>½ oz Turkey Ham</u> <u>1 sl- Cheese</u> <u>8oz - Milk</u> <u>4oz - Juice-Orange</u> <u>**Last Day Of School**</u>	<u>6/17</u>	<u>6/18</u>	<u>6/19</u>
<u>6/22</u>	<u>6/23</u>	<u>6/24</u>	<u>6/25</u>	<u>6/26</u>
<u>6/29</u>	<u>6/30</u>	<u>6/31</u>		

SERVING PORTION SIZES:- By Age Groups

Ages 1-2/- 2 servings of {Either Or- Grain/Bread ½ serving . Meat or Meat alt. ½ oz}, Juice/Fruit/Vegetable 1/4 cup, Milk ½ c.

Preschool / -2 servings of {Either Or- Grain/Bread ½ serving . Meat or Meat alt. ½ oz}, Juice/Fruit/Vegetable ½ cup, Milk ¾ c..

K-12/ -2 servings of {Either Or- Grain/Bread 1 serving . Meat or Meat alt. 1 oz}, Juice/Fruit/Vegetable ½ cup, Milk 1 c.

JUNE ~ 2009
~ ECA School ~ Lunch Menu ~

Note- Menu is subject to availability. Substitution may be necessary occasionally.
A Variety of Milk-(1% lowfat, 1% choc, 2% lowfat and fat free) is served

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>6/1 WK-6</u> <u>2 oz.Meatballs w/ Oni/</u> <u>GPepin Sauce</u> <u>1- Hotdog Roll</u> <u>½ c- Cut Corn</u> <u>1 Apple-</u> <u>8oz Milk</u>	<u>6/2</u> <u>5 pc Chicken Nugget</u> <u>/1pc Ketchup</u> <u>1 Roll</u> <u>1/3 c Green Beans</u> <u>½ c Ffruit Cocktail</u> <u>8oz - Milk</u>	<u>6/3</u> <u>1 c Macaroni & /Cheese w/</u> <u>Turkey Ham</u> <u>1/3 c California Blend Veg</u> <u>1sl Fruit - Melon</u> <u>8oz - Milk</u>	<u>6/4</u> <u>2/3 c Vegetable Soup</u> <u>2oz.-Turkey Ham</u> <u>1sl -Cheese WW Sand.</u> <u>1- pc Mayo/Mustard</u> <u>1- Orange / 8oz - Milk</u>	<u>6/5</u> <u>1 c - Turkey Lasagna</u> <u>1/3 c Green Beans-</u> <u>1 - Banana</u> <u>8oz - Milk</u>
<u>6/8 WK-1</u> <u>2 - oz Turkey Hotdog</u> <u>1-ea Hotdog Roll</u> <u>2pc Ket/ 1pcMustard</u> <u>1/3 C Potato Wedges</u> <u>1- Fresh Fruit .Orange</u> <u>8oz - Milk</u>	<u>6/9</u> <u>2 oz Meatball in Sauce</u> <u>2/ 3c -Spaghetti Noodles</u> <u>½ c - Mix Vegetables</u> <u>2 Cookies</u> <u>8oz - Milk</u>	<u>6/10</u> <u>1 -cup Chicken Noodle</u> <u>Casserole</u> <u>1/3 C - Green Beans</u> <u>1- Fresh Fruit - Melon</u> <u>8oz - Milk</u>	<u>6/11</u> <u>3 oz Tuna Salad OR</u> <u>2oz.-Turkey/ Cheese</u> <u>Sandwich on WW Bread</u> <u>½ c TossSalad - Unit</u> <u>2/3 c Veg Soup- Bulk</u> <u>1 Apple / 1 8oz - Milk</u>	<u>6/12</u> <u>4oz Chicken Thigh BBQ</u> <u>2/3 c Rice w/ Red Beans</u> <u>1/3 C- Cabbage</u> <u>1 -Fresh Fruit-- Banana.</u> <u>8oz - Milk</u>
<u>6/ 15 WK-2</u> <u>3 oz Hamburger Patty</u> <u>1sl -Cheese.</u> <u>1 - H Roll/ 1 pc Ket</u> <u>1/3 C - Corn</u> <u>1 - Fruit -Apple</u> <u>8oz - Milk</u>	<u>6/16</u> <u>1 -cup- Turkey Mac</u> <u>½ oz, Shredded Cheese</u> <u>1/3 c Carrots & Broccoli</u> <u>1- Roll</u> <u>1/2 c Peach SLice</u> <u>8oz - Milk</u> <u>**Last Day Of School**</u>	<u>6/17</u>	<u>6/18</u>	<u>6/19</u>
<u>6/22</u>	<u>6/23</u>	<u>6/24</u>	<u>6/25</u>	<u>6/26</u>
<u>6/29</u>	<u>6/30</u>	<u>6/31</u>		

Serving Portions Vary By Age Groups-

Group I-Ages 1-2/ -Meat or alternate 1 oz, Vegetable &/or Fruit ½ c, Bread /Grain 5 serving/wk, Milk 3/4 c.
Group II-Ages 3-4/ -Meat or alternate 1.5 oz, Vegetable &/or Fruit ½ c.Bread /Grain 8 serving/wk,Milk 3/4 c.
Group III-Ages 5-8/ -Meat or alternate 1.5 oz, Vegetable &/or Fruit ½ c,Bread /Grain 8 serving/wk, Milk 1 c.
Group IV-Age 9-&older/ -Meat or alternate 2 oz, Vegetable &/or Fruit 3/4 c,Bread /Grain 8 serving/wk, Milk 1 c.
Group V-Ages 12 &older/ -Meat or alternate 3 oz, Vegetable &/or Fruit 3/4 c,Bread /Grain 10 serving/wk, Milk 1 c.

JUNE ~ 2009
~ ECA Snack Menu ~

<u>Cycle</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>WK-6</u>	<u>6/1</u> <u>1 oz Cinn.</u> <u>Goldfish</u> <u>½ c Org. Juice</u>	<u>6/2</u> <u>½ c Yogurt</u> <u>½ c Fresh</u> <u>Fruit</u>	<u>6/3</u> <u>1 oz-Animal</u> <u>Crakers</u> <u>½ Fresh Fruit</u>	<u>6/4</u> <u>½ c Mini</u> <u>Carrots</u> <u>1 oz Cheese Stix</u>	<u>6/5</u> <u>1 oz Granola</u> <u>Bar</u> <u>½ c Org. Juice</u>
<u>WK-1</u>	<u>6/8</u> <u>1 oz Ritz</u> <u>Crackers</u> <u>½ c Apple Juice</u>	<u>6/9</u> <u>1 oz- Oatmeal</u> <u>Cookies</u> <u>½ c Apple</u> <u>Sauce</u>	<u>6/10</u> <u>½ c Fresh Fruit</u> <u>1 oz Cinn. Roll</u>	<u>6/11</u> <u>½ c Yogurt</u> <u>½ c Fruit Salad</u>	<u>6/12</u> <u>1 pc Cake w/</u> <u>Fruit & Whipped</u> <u>Topping</u> <u>½ c Apple Juice</u>
<u>WK-2</u>	<u>6/15</u> <u>1 oz Animal</u> <u>Crackers</u> <u>½ c Org. Juice</u>	<u>6/16</u> <u>1 oz Trail Mix</u> <u>½ c Apple</u> <u>Juice</u> <u>**Last School Day**</u>	<u>6/17</u>	<u>6/18</u>	<u>6/19</u>
	<u>6/22</u>	<u>6/2</u>	<u>6/24</u>	<u>6/25</u>	<u>6/26</u>
	<u>6/29</u>	<u>6/30</u>	<u>6/31</u>		

Snack Serving Portions - Any Two of the Four Components

Ages 1-2/ -Meat or alternate ½ oz, Vegetable &/or Fruit ½ cup, Bread or alternate ½ serving or 1/3 oz, Milk 4 oz.

Ages 3-5/ -Meat or alternate ½ oz, Vegetable &/or Fruit ½ cup, Bread or alternate ½ serving or ½ oz, Milk 4 oz.

Ages 6-12/ -Meat or alternate 1 oz, Vegetable &/or Fruit ¾ cup, Bread or alternate 1 servin or 1 oz, Milk 8 oz.

