

NOVEMBER ~ 2008

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>11/3 -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>11/4</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>11/5</u> <u>½ c Grits 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>11/6</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>11/7</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>11/10 -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>11/11</u> <u>½ c Oatmeal OR</u> <u>1 c Cold Cereal</u> <u>1 zo Turkey Link sausage</u> <u>8oz - Milk</u> <u>4oz - Juice-Orange</u> | <u>11/12</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>11/13</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>11/14</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>11/17 -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>11/18</u> <u>1- Biscuit w/ ½ oz Turkey Ham</u> <u>1 sl- Cheese</u> <u>1-pc Jelly</u> <u>8oz - Milk</u> <u>4oz - Juice-Orange</u> | <u>11/19</u> <u>1.5 oz Mini Muffin</u> <u>1 cold Cereal</u> <u>8oz - Milk</u> <u>½ c - Fruit (P/A chunks)</u> | <u>11/20</u> <u>3- French Toast Sticks</u> <u>1.5 oz - Syrup</u> <u>8oz - Milk</u> <u>4oz -Juice-Org-Pineapple</u> | <u>11/21</u> <u>1.5 oz Assorted Muffin</u> <u>1 oz Turkey Sausage Link</u> <u>8oz - Milk</u> <u>½ c - Fruit (Mix Fruit)</u> |
| <u>11/24 -Wk 3</u> <u>1 c- Cereal- Total</u> <u>1 sl Cinn Raisin Bread w/ 1 t Marg</u> <u>8 oz - Milk</u> <u>½ c Fruit Cocktail</u> | <u>11/25</u> <u>2 - Pancakes</u> <u>1 oz Turkey Sausage Link</u> <u>1.5 oz - Syrup</u> <u>4 oz - Juice- Apple</u> <u>8 oz - Milk</u> | <u>11/26</u> <u>3- French Toast Sticks</u> <u>1.5 oz - Syrup</u> <u>8 oz - Milk</u> <u>½ c -Peach Slices</u> | <u>11/27</u> <u>- Holiday</u> | <u>11/28</u> <u>Holiday</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.

November ~ 2008
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>11/3 -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>11/4</u> <u>5 pc Chicken Nugget</u> <u>/1pc Ketchup</u> <u>1 Roll</u> <u>1/3 c Green Beans</u> <u>1 Orange</u> <u>8oz - Milk</u> | <u>11/5</u> <u>1 c Macaroni & /Cheese w/</u> <u>Turkey Ham</u> <u>1/3 c California Blend Veg</u> <u>1- Fresh Fruit - Apple</u> <u>8oz - Milk</u> | <u>11/6</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- Banana / 8oz - Milk</u> | <u>11/7</u> <u>1 c - Turkey Lasagna</u> <u>1/3 c Green Beans-</u> <u>1/3 C- 1 sl Fruit.-Melon</u> <u>8oz - Milk</u> |
| <u>11/10 - 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>11/11</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>11/12</u> <u>1 -cup Chicken Noodle</u> <u>Casserole</u> <u>1/3 C - Green Beans</u> <u>1- Fresh Fruit -Apple</u> <u>8oz - Milk</u> | <u>11/13</u> <u>3 oz Tuna Salad OR</u> <u>2oz.-Turkey /1sl Cheese</u> <u>1- pc Mayo/Mustard</u> <u>Sandwich on WW Bread</u> <u>½ c TossSalad - Unit</u> <u>2/3 c Veg Soup- Bulk</u> <u>1 - Banana. 8oz - Milk</u> | <u>11/14</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-Melon</u> <u>8oz - Milk</u> |
| <u>11/17 -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>11/18</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>1/3 c Peach SLice</u> <u>8oz - Milk</u> | <u>11/19</u> <u>5 pc Chicken Nuggets</u> <u>½ c Green Peas</u> <u>1 Roll</u> <u>1 - Banana</u> <u>8oz - Milk</u> | <u>11/20</u> <u>**Thanksgiving Meal**</u> <u>2 oz Rst Turkey w/Gravy</u> <u>1/2 c Sweet Potato</u> <u>1/3 c Green Beans</u> <u>1 Roll /2 T whl Crnbry Sc</u> <u>8 oz Milk</u> | <u>11/21</u> <u>3 Fish Sticks</u> <u>1 pc Ketchup</u> <u>½ c Spinach</u> <u>1 Roll</u> <u>½ c - 1 sl Melons</u> <u>8oz - Milk</u> |
| <u>11/24 WK-3</u> <u>3-oz Chicken Patty</u> <u>1 H Roll</u> <u>1 - pc Ketchup</u> <u>1/3 C Potato Wedges</u> <u>1 Fresh Fruit -Apple</u> <u>8oz - Milk</u> | <u>11/25</u> <u>2oz.-Turkey/ 1sl - Cheese</u> <u>WW Sandwich</u> <u>1- pc ea- Mayo/Mustard</u> <u>½ c Toss Salad</u> <u>1 oz LF Dressing</u> <u>1 - Orange. 8oz - Milk</u> | <u>11/26</u> <u>1 c Chicken Fried Rice</u> <u>1/3 C -Stirfry Veg</u> <u>1 - Fresh Fruit-Melon</u> <u>8oz - Milk</u> | <u>11/27</u> <u>HOLIDAY</u> | <u>11/28</u> <u>HOLIDAY</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 ¾ c.
- Group II-Ages 3-4/ -Meat or alternate 1.5 oz, Vegetable &/or Fruit ½ c,Bread /Grain 8 serving/wk,Milk ¾ 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 ¾ c,Bread /Grain 8 serving/wk, Milk 1 c.
- Group V-Ages 12 &older/ -Meat or alternate 3 oz, Vegetable &/or Fruit ¾ c,Bread /Grain 10 serving/wk, Milk 1 c.

NOVEMBER ~ 2008
~ Six Week Cycle ~ Snack Menu ~

| <u>Cycle</u> | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|--------------|--|--|---|---|---|
| WK-6 | 11/3 <u>½ oz-5pc- Saltine Crackers</u> <u>½ oz Cheese</u> <u>½ c Org. Juice</u> | 11/4 <u>½ c Yogurt</u> <u>½ c Fresh Fruit</u> | 11/5 <u>1oz- Bagel</u> <u>w/ 1 t Jelly</u> <u>½ Fresh Fruit</u> | 11/6 <u>½ c Mini Carrots</u> <u>1 oz Ritz</u> <u>Crackers</u> | 11/7 <u>1 oz Granola</u> <u>Bar</u> <u>½ c Org. Juice</u> |
| WK-1 | 11/10 <u>1 oz Ritz</u> <u>Crackers</u> <u>½ c Apple Juice</u> | 11/11 <u>1 oz- 2pc-</u> <u>Chocolate Chip</u> <u>Cookies</u> <u>½ c Apple Sauce</u> | 11/12 <u>½ c Fresh Fruit</u> <u>1 oz Pretzels</u> | 11/13 <u>½ c Yogurt</u> <u>½ c Fruit Salad</u> | 11/14 <u>½ Cheese &</u> <u>Cucumber Sand</u> <u>on WW Bread</u> <u>½ c Apple Juice</u> |
| WK-2 | 11/17 <u>1 oz Animal</u> <u>Crackers</u> <u>½ c Org. Juice</u> | 11/18 <u>1 sl Cinn Swirl</u> <u>Bread w/ Marg</u> <u>½ c Apple Juice</u> | 11/19 <u>½ c Fruit Salad</u> <u>1oz-4pc- Graham</u> <u>Crackers</u> | 11/20 <u>½ c Veggie Sticks</u> <u>1 oz Cheese Stix</u> | 11/21 <u>½ Jelly Sand. On</u> <u>WW Bread</u> <u>½ c Apple sauce</u> |
| WK-3 | 11/24 <u>½ oz-5pc- Saltine</u> <u>Crackers</u> <u>½ oz Cheese</u> <u>½ c Org. Juice</u> | 11/25 <u>1.5 oz Mini</u> <u>Muffin</u> <u>½ c Fruit</u> | 11/26 <u>1 oz Pretzels</u> <u>½ c Yogurt</u> | 11/27 <u>HOLIDAY</u> | 11/28 <u>HOLIDAY</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.

