

**OCTOBER - 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>-WK-1</u>		<u>10/1</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>10/2</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>10/3</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>10/6 -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>10/7</u> <u>1- Biscuit w/</u> <u>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>10/8</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>10/9</u> <u>3- French Toast Sticks</u> <u>1.5 oz - Syrup</u> <u>8oz - Milk</u> <u>4oz -Juice-Org-Pineapple</u>	<u>10/10</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>10/13 -Wk 3</u> <u>1 c- Cereal- Total</u> <u>1 sl Cinn Raisin Bread</u> <u>w/ 1 t Marg</u> <u>8 oz - Milk</u> <u>½ c Fruit Cocktail</u>	<u>10/14</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>10/15</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>10/16</u> <u>1 - English Muffin w/</u> <u>½ - oz Turkey Ham</u> <u>1 - sl Cheese</u> <u>8 oz - Milk</u> <u>4 oz - Juice -Grape</u>	<u>10/17</u> <u>2 Oz. -Blueberry Bread</u> <u>1- c Cereal- Cheerios</u> <u>8 oz - Milk</u> <u>4 oz - Juice-Orange</u>
<u>10/20 - WK 4</u> <u>1 c- Cereal- Corn Flakes</u> <u>1 sl Cinn Bread w/ Marg</u> <u>8 oz - Milk</u> <u>½ Grape Juice</u>	<u>10/21</u> <u>1 - English Muffin w/</u> <u>½ - oz Turkey Ham</u> <u>1- sl Cheese</u> <u>8 oz - Milk</u> <u>4 oz - Juice-Orange</u>	<u>10/22</u> <u>3- French Toast Sticks</u> <u>1.5 oz - Syrup</u> <u>8 oz - Milk</u> <u>½ c - P/A Chunks</u>	<u>10/23</u> <u>2 - Pancake</u> <u>1 oz-Turkey Sausage Link</u> <u>1.5 oz - Syrup</u> <u>8 oz - Milk</u> <u>4 oz -Juice-Orange- Pineapple</u>	<u>10/24</u> <u>½ Jelly Sandwich on WW Bread</u> <u>1 c Honey Nut Cheerio</u> <u>8 oz - Milk</u> <u>4 oz - Juice-Apple</u>
<u>10/27 -WK-5</u> <u>1- c Cereal- Cheerio</u> <u>2- Apple Turnovers</u> <u>8 oz - Milk</u> <u>4 oz Juice-Grape</u>	<u>10/28</u> <u>1- Biscuit w/</u> <u>½ oz Turkey Ham</u> <u>½ sl - Cheese</u> <u>8 oz - Milk</u> <u>4 oz - Juice- Orange</u>	<u>10/29</u> <u>1 Cold cereal</u> <u>1-.5 oz Mini Muffin</u> <u>8oz - Milk</u> <u>½ c - Fruit (Mix Fruit)</u>	<u>10/30</u> <u>1 English Muffin w/</u> <u>1 oz Turkey Ham</u> <u>1 sl Cheese</u> <u>8 oz Milk</u> <u>½ c P/A Chunks</u>	<u>10/31</u> <u>2 oz.- Blueberry Bread</u> <u>1- Cereal- Corn Flakes</u> <u>8oz - Milk</u> <u>4oz - Juice- Apple</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 3/4 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.**

## OCTOBER = 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>10/1</u> <u>1 -cup Chicken Noodle Casserole</u> <u>1/3 C - Green Beans</u> <u>1- Fresh Fruit -Apple</u> <u>8oz - Milk</u>	<u>10/2</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>10/3</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>10/6 - 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>10/7</u> <u>1 -cup- Turkey Mac</u> <u>½ oz, Shredded Cheese</u> <u>1/3 c Carrots &amp; Broccoli</u> <u>1- Roll</u> <u>1/3 c Peach SLice</u> <u>8oz - Milk</u>	<u>10/8</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>10/9</u> <u>2/3 c Spaghetti Noodles</u> <u>w/½ c - Turkey Sauce</u> <u>½ c Green Beans</u> <u>1 sl Garlic Bread</u> <u>8oz - Milk</u>	<u>10/10</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>10/13 - 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>10/14</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>10/15</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>10/16</u> <u>1 c Macaroni &amp; /Cheese</u> <u>w/ Turkey Ham</u> <u>1/3 c Carrots</u> <u>1- Fresh Fruit - Apple</u> <u>8oz - Milk</u>	<u>10/17</u> <u>3 ozTrkMeat Loaf Gravy</u> <u>2/3 c Rice Pilaf</u> <u>½ c Green Cabbage</u> <u>1/3 c Fruit Salad .</u> <u>8oz - Milk</u>
<u>10/20 - WK-4</u> <u>2 ozTurkey Frank/Roll</u> <u>1/3 C Potato Wedges</u> <u>2 pc Ket/ 1pc Mustard</u> <u>1 - Fresh Fruit -Orange</u> <u>8oz - Milk</u>	<u>10/21</u> <u>½ c TacoFill w/Turkey/</u> <u>Pinto /Oni/ G.Pep/Cheese</u> <u>2 - WhlGrain Corn Tacos</u> <u>½ C Spanish Rice</u> <u>1 --Banana. 8oz - Milk</u>	<u>10/22</u> <u>2 oz- Meatballs w/ Gravy</u> <u>½ c - Mix Greens</u> <u>2/3 c Egg Noodles</u> <u>1-Fruit -Apple</u> <u>8oz - Milk</u>	<u>10/23</u> <u>3 oz Chicken Patty</u> <u>1- Hamburger Roll</u> <u>1 pc ketchup</u> <u>½ Cup- Green Beans</u> <u>1/3c Frt Salad./ 8oz - Milk</u>	<u>10/24</u> <u>4 oz Chicken w/ Garvy</u> <u>½ C Rice Pilaf</u> <u>½ c Cabbage</u> <u>1 Fruit -Melon</u> <u>8oz - Milk</u>
<u>10/27 - WK-5</u> <u>3 - oz Hamburger</u> <u>1 sl Cheese</u> <u>1-ea Hamburger Roll</u> <u>2 Ket pc</u> <u>1/3 C Potato Wedges</u> <u>½ c Pear / 8oz - Milk</u>	<u>10/28</u> <u>2/3 c-Spaghetti Noodles</u> <u>w/½ c Turkey Sauce</u> <u>½ cup MixVeg- Units</u> <u>½c- Salad/ LF Dress. Bulk</u> <u>2 - Cookies</u> <u>8oz - Milk</u>	<u>10/29</u> <u>½ c Chicken Salad Sand on</u> <u>WW Bread</u> <u>½ c Pasta Veg Salad-Units</u> <u>½ c MinnestroneSoup- BULK</u> <u>1 - Fresh Fruit-Apple</u> <u>8oz - Milk</u>	<u>10/30</u> <u>1/2 C Chili w/ Beans</u> <u>2/3 c- Rice</u> <u>½ - sl Corn Bread</u> <u>1- Fresh Fruit-Orange</u> <u>8oz - Milk</u>	<u>10/31</u> <u>1 -cup Chicken Lo Mein</u> <u>1/3 c -Stirfry Vegetables</u> <u>1 - Fruit-Banana</u> <u>8oz - Milk</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.

**OCTOBER - 2008**  
**~ Six Week Cycle ~ Snack Menu ~**

<u>Cycle</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>WK-1</u>			<u>10/1</u> <u>½ c Fresh Fruit</u> <u>1 oz Pretzels</u>	<u>10/2</u> <u>½ c Fruit Yogurt</u> <u>½ c Fruit Salad</u>	<u>10/3</u> <u>½ Cheese &amp;</u> <u>Cucumber Sand on</u> <u>WW Bread</u> <u>½ c Apple Juice</u>
<u>WK-2</u>	<u>10/6</u> <u>1 oz Animal</u> <u>Crackers</u> <u>½ c Org. Juice</u>	<u>10/7</u> <u>1 sl Cinn Swirl Bread</u> <u>w/ Marg</u> <u>½ c Apple Juice</u>	<u>10/8</u> <u>½ c Fruit Salad</u> <u>1oz-4pc- Graham</u> <u>Crackers</u>	<u>10/9</u> <u>½ c Veggie Sticks</u> <u>1 oz Cheese Stix</u>	<u>10/10</u> <u>½ Jelly Sand. On</u> <u>WW Bread</u> <u>½ c Apple sauce</u>
<u>WK-3</u>	<u>10/13</u> <u>½ oz-5pc- Saltine</u> <u>Crackers</u> <u>½ oz Cheese</u> <u>½ c Org. Juice</u>	<u>10/14</u> <u>1.5 oz Mini Muffin</u> <u>½ c Fruit</u>	<u>10/15</u> <u>1 oz Pretzels</u> <u>½ c Fruit Yogurt</u>	<u>10/16</u> <u>1 oz Animal</u> <u>Crackers</u> <u>½ c Apple Sauce</u>	<u>10/17</u> <u>½ c Mini Carrots</u> <u>1 oz Cheese Stix</u>
<u>WK-4</u>	<u>10/20</u> <u>½ oz-5pc- Ritz</u> <u>Crackers</u> <u>½ oz Cheese</u> <u>½ c Apple Juice</u>	<u>10/21</u> <u>1 oz- Oatmeal</u> <u>Cookies</u> <u>½ c Apple Sauce</u>	<u>10/22</u> <u>1 Granola Bar</u> <u>½ c Fruit Salad</u>	<u>10/23</u> <u>½ c Fresh Fruit</u> <u>1 oz Cheese Stix</u>	<u>10/24</u> <u>½ Cheese &amp;</u> <u>Cucumber Sand on</u> <u>WW Bread</u> <u>½ c Org. Juice</u>
<u>WK-5</u>	<u>10/27</u> <u>1 oz Animal</u> <u>Crackers</u> <u>½ c Apple Juice</u>	<u>10/28</u> <u>1 sl Cinn Raisin</u> <u>Bread w/ Marg</u> <u>½ c Fresh Fruit</u>	<u>10/29</u> <u>½ c Fruit Salad</u> <u>½ c Fruit Yogurt</u>	<u>10/30</u> <u>1 oz Pretzels</u> <u>½ c P/A Juice</u>	<u>10/31</u> <u>½ Jelly Sand. On</u> <u>WW Bread</u> <u>½ c Apple Juice</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.

