

# Harvest of the Month

Network for a Healthy California



This institution is an equal opportunity provider.

Esta institución es un proveedor que ofrece igualdad de oportunidades.



## ECS Early Head Start Menu 2017/2018

Week 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<b>Whole Grain Toasted Oats</b> 1/3 cup  <b>Orange Wedges</b> 1/4 cup  <b>4 oz. 1% Milk</b>	<b>Whole Wheat Bagel</b> 1/2 w/ Strawberry cream cheese spread 1 tbsp  <b>Diced Pears</b> 1/4 cup  <b>4 oz. 1% Milk</b>	<b>Rice Chex</b> 1/3 cup  <b>Banana Wheels</b> 1/4 cup = 4 wheels  <b>4oz. 1% Milk</b>	<b>Vanilla Yogurt Parfait w/ Diced Peaches and granola</b> (1/4 cup yogurt, 1/4 cup peaches, 1/8 cup Crispy Rice )  <b>4 oz. 1% Milk</b>	<b>Whole Grain Kix cereal</b> 1/3 cup  <b>Fresh Tangerines</b> 1/4 cup  <b>4 oz. 1% Milk</b>
Lunch/Dinner	<b>Inside Out Chicken Pot Pie</b> (celery, onion, peas, carrots, potatoes) 1/3 cup  <b>Whole Wheat Biscuit</b> 1 each  <b>Mixed Fruit</b> 1/8 cup  <b>4 oz. 1% Milk</b>	<b>Teriyaki Chicken w/ Fresh Vegetable Blend</b> 3/8 cup  <b>Whole Grain Brown Rice</b> 1/4 cup  <b>Diced Pineapple</b> 1/8 cup  <b>4 oz. 1% Milk</b>	<b>Chili con Carne</b> (1/3 cup, 1/2 oz. Monterey Jack Cheese)  <b>Goldfish Crackers</b> 1/3 cup  <b>Honeydew</b> 1/8 cup  <b>4 oz. 1% Milk</b>	<b>Linguini and Meat Sauce</b> (3/8 Beef crumble, whole wheat linguini)  <b>Green Salad &amp; Health chop blend</b> 1/4 cup salad Italian dressing 1 tsp  <b>Canned Pears</b> (1/8 cup)  <b>4oz. Milk</b>	<b>Arroz Caldo</b> 3/8 cup  <b>Whole Wheat Roll</b> 1 each  <b>Carrot Sticks</b> 1/8 cup  <b>Cantaloupe</b> 1/8 cup  <b>4 oz. 1% Milk</b>
Snack	<b>Whole Wheat Cracker</b> ( 2 Packets)  <b>1/2 oz. of Sliced Ham</b>  <b>Water</b>	<b>Steamed Carrot Sticks w/ Ranch Dip</b> ( 2 tbsp) 1/2 cup (5 sticks)  <b>4 oz. 1% Milk</b>	<b>Whole Grain Parmesan bread Stick</b> (1/2 each)  <b>Marinara Sauce</b> (2 tbsp.)  <b>4 oz. 1% Milk</b>	<b>Applesauce</b> 1/2 cup  <b>Mozzarella Cheese</b> 1stick  <b>Water</b>	<b>Steamed Carrot Circles w/ Ranch</b> ( 2tbsp) (1/2 cup)  <b>4 oz. 1% Milk</b>

# Harvest of the Month

Network for a Healthy California



This institution is an equal opportunity provider.

Esta institución es un proveedor que ofrece igualdad de oportunidades.



## ECS Early Head Start Menu 2017/2018

Week 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<b>Blueberry Scone</b> 1/2 each  <b>Applesauce</b> 1/4 cup  <b>4 oz. 1% Milk</b>	<b>Krispy Rice Cereal</b> 1/3 cup  <b>Diced Pears</b> 1/4 cup  <b>4 oz. 1% Milk</b>	<b>Whole wheat Crostini with slice of American Cheese</b> ( 1slice, 1 slice cheese)  <b>Orange Slices</b> 1/4 cup  <b>4 oz. 1% Milk</b>	<b>Whole Grain Toasted Oats Cereal</b> 1/3 cup  <b>Banana Wheels</b> 1/4 cup =4 wheels  <b>4 oz. 1% Milk</b>	<b>Whole Wheat Pancakes with strawberry Drizzle</b> (1 pancake, 1tbsp strawberry)  <b>Mixed Fruit</b> 1/4 cup  <b>4 oz. 1% Milk</b>
Lunch/Dinner	<b>Chicken Fajitas w/ pepper and onions</b> (1 whole wheat tortilla, 1/4 cup chicken, 1/4 cup lettuce and tomato)  <b>Diced Pineapple</b> 1/8 cup  <b>4 oz. 1% Milk</b>	<b>Maraq Beef Stew</b> 3/8 cup  <b>Couscous</b> 1/4 cup  <b>Tropical Fruit</b> 1/8 cup  <b>4 oz. 1% Milk</b>	<b>Chicken Nuggets With Ketchup</b> ( 3 each)  <b>Steamed Carrots</b> 1/8 cup <b>Applesauce</b> 1/8 cup each  <b>4 oz. 1% Milk</b>	<b>Meat crumble Stroganoff</b> 3/8 cup, <b>Green Salad &amp; Health Chop Blend</b> 1/4 cup salad, <b>Italian Dressing</b> 1 tsp <b>Fruit Cocktail</b> 1/8 cup <b>4 oz. 1% Milk</b>	<b>Whole Grain Hawaiian Chicken Slider</b> (1/4 cup) 1 Slider <b>Mandarin Orange</b> 1/8 cup  <b>Carrot Circles</b> 1/8 cup  <b>4 oz. 1% Milk</b>
Snack	<b>Strawberry Yogurt Parfait w/ Diced Mango</b> 1/4 cup yogurt, 1/8 cup mango  <b>4 oz. 100% Grape Juice</b>	<b>Whole Wheat Cracker</b> (2 Packets) <b>1/2 oz. of Sliced Ham</b>  <b>Water</b>	<b>Cottage Cheese w/ Diced Peaches</b> (1/8 cup cottage cheese, 1/2 cup peaches) <b>Water</b>	<b>Whole Wheat Crackers, Black Bean, Corn, and Pico de Gallo Salsa</b> (2 packets, 1 tbsp. salsa) <b>4 oz. 100% Apple</b>	<b>Fruit Muffin</b> 1 each  <b>4 oz. 1 %Milk*</b>

# Harvest of the Month

Network for a Healthy California



This institution is an equal opportunity provider.

Esta institución es un proveedor que ofrece igualdad de oportunidades.



## ECS Early Head Start Menu 2017/2018

Week 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Whole Grain Toasted Oats Cereal</b> 1/3 cup</p> <p><b>Orange Wedges</b> 1/4 cup</p> <p><b>4 oz. 1% Milk</b></p>	<p><b>Whole Wheat Bagel</b> ½ w/ Strawberry cream cheese spread (1 tbsp)</p> <p><b>Applesauce</b> 1/4 cup</p> <p><b>4 oz. 1% Milk</b></p>	<p><b>Rice Chex</b> 1/3 cup</p> <p><b>Fruit Cocktail</b> 1/4 cup</p> <p><b>4 oz. 1% Milk</b></p>	<p><b>Vanilla Yogurt Parfait w/ Diced Peaches and Crispy rice</b> (¼ cup yogurt, 1/4 cup peaches, 1/8 crispy rice)</p> <p><b>4 oz. 1% Milk</b></p>	<p><b>Whole Wheat Pancakes with strawberry Drizzle</b> (1 pancake, 1tbsp strawberry)</p> <p><b>Banana Wheels</b> ½ cup = 8 wheels</p> <p><b>4 oz. 1% Milk</b></p>
Lunch/Dinner	<p><b>Beef &amp; Bean Burrito</b> 1 each (w/ 1 whole wheat tortilla, ¼ cup beef/bean, ½ oz. cheese, 1/4 cup lettuce &amp; tomato)</p> <p><b>Applesauce</b> 1/8 cup</p> <p><b>4 oz. 1% Milk</b></p>	<p><b>Grilled Fajita Strips</b> 4 each (Garnish BBQ sauce)</p> <p><b>Steamed Scandinavian Vegetables</b> 1/8 cup</p> <p><b>Whole Wheat Dinner Roll</b> (1 each)</p> <p><b>Tangerine</b> 1/8 cup</p> <p><b>4 oz. 1% Milk</b></p>	<p><b>Thai Chicken w/ Jasmine Rice</b> 3/8 cup chicken, ¼ cup Jasmine Rice</p> <p><b>Crunchy Asian Mandarin Salad</b> 1/4 cup w/ 1 tbsp sesame dressing</p> <p><b>Peaches</b> 1/8 cup</p> <p><b>4 oz. 1% Milk</b></p>	<p><b>Cheeseburger</b> (½ whole wheat bun, ½ patty, ½ slice cheese)</p> <p><b>Steamed Carrot Coins</b> 1/8 cup</p> <p><b>Diced Pineapple</b> 1/8 cup</p> <p><b>4 oz. 1% Milk</b></p>	<p><b>Chicken Lo Mein</b> 1/2 cup (Whole wheat pasta)</p> <p><b>Steamed Capri Vegetables</b> 1/8 cup</p> <p><b>Watermelon</b> 1/8 cup</p> <p><b>4 oz. 1% Milk</b></p>
Snack	<p><b>Steamed Carrot sticks</b> (1/2 cup, 5 sticks)</p> <p><b>Ranch Dressing</b> ( 2 Tbsp.)</p> <p><b>4 oz. 1% Milk</b></p>	<p><b>Whole Grain Parmesan Bread Stick</b> (1/2 each)</p> <p><b>Marinara Sauce</b> (2 tbsp.)</p> <p><b>4oz. 1 % Milk</b></p>	<p><b>Fresh Oranges</b> ½ cup</p> <p><b>Whole Wheat Wafers</b> 8 each</p> <p><b>Water</b></p>	<p><b>Fruited Muffin</b> ( 1 each)</p> <p><b>4 oz. 1% Milk</b></p>	<p><b>Applesauce</b> (1/2 cup)</p> <p><b>Strawberry Yogurt</b> (1/4 cup)</p> <p><b>Water</b></p>

# Harvest of the Month

Network for a Healthy California



This institution is an equal opportunity provider.

Esta institución es un proveedor que ofrece igualdad de oportunidades.



## ECS Early Head Start Menu 2017/2018

Week 4

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<b>Krispy Rice Cereal</b> 1/3 cup  <b>Applesauce</b> 1/4 cup  <b>4 oz. 1% Milk</b>	<b>Wheat Tortilla</b> (1 each) <b>Cheese</b> 1 slice  <b>Fruit Cocktail</b> 1/4 cup  <b>4 oz. 1% Milk</b>	<b>Whole Grain Toasted Oats Cereal</b> 1/3 cup  <b>Banana Wheels</b> ¼ cup= 4 wheels  <b>4 oz. 1% Milk</b>	<b>Whole Wheat English Muffin</b> 1/2 each <b>Turkey Ham</b> ½ oz.  <b>Applesauce</b> ¼ cup  <b>4 oz. 1% Milk</b>	<b>Whole Grain Kix Cereal</b> 1/3 cup  <b>Applesauce</b> ¼ cup  <b>4 oz. 1% Milk</b>
Lunch/Dinner	<b>Baked Chicken on whole wheat bun</b> (½ bun, patty, w/ sandwich sauce <b>Steamed Carrot Coins</b> 1/8 cup <b>Peaches</b> 1/8 cup  <b>4 oz. 1% Milk</b>	<b>Hawaiian Pineapple Chicken</b> (1 Each) <b>Jasmine Rice</b> (1/4 cup) <b>Green Salad with Ranch</b> (1/4 Cup) with Ranch 1tsp.  <b>Oranges</b> 1/8 cup  <b>4 oz. 1% Milk</b>	<b>Chicken Alfredo Pasta</b> (3/8) cup wheat penne noodles with Chicken and Alfredo) <b>Steamed Broccoli</b> (1/8 cup)  <b>Fresh Oranges</b> (1/8 cup)  <b>4 oz. 1% Milk</b>	<b>Tamale Pie</b> (3/8 cup)  <b>Seasoned Corn</b> (1/8 cup)  <b>Fruit Cocktail</b> (1/8 cup)  <b>4 oz. 1% Milk</b>	<b>Albondigas Soup</b> 3/8 cup  <b>Whole Wheat Dinner Roll</b> 1 each  <b>Melon Blend</b> 1/8 cup  <b>Carrot Coins</b> 1/8 cup  <b>4 oz. 1% Milk</b>
Snack	<b>Strawberry Yogurt Parfait w/ Diced Mango</b> ¼ cup yogurt, 1/8 cup mango <b>4 oz. 100% Grape Juice</b>	<b>Whole Wheat Crackers w/ Bean Dip</b> 2 packets, 1/8 cup dip) <b>4 oz. 100% Apple Juice</b>	<b>Steamed Carrot Coins w/ Ranch</b> ( 2 tbsp) (½ cup)  <b>4 oz. 1% Milk</b>	<b>Cheese Stick</b> (1 each)  <b>Whole Grain Wafers</b> 8 <b>Water</b>	<b>Animal Crackers</b> (4 each)  <b>4 oz. 1% Milk</b>