

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 2016-2017

Week 1

*Children younger than 2 years are offered whole milk and children 2 years and over are offered 1% milk

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toasted Oats 1/3 cup Diced Pears ¼ cup 4 oz. Milk*	Whole Wheat Bagel ½ w/ strawberry cream cheese spread (1 tbsp) Orange Wedges ¼ cup 4 oz. Milk*	Rice Chex 1/3 cup Banana Wheels ¼ cup = 4 wheels 4 oz. Milk*	Yogurt Parfait w/ Diced Peaches and Krispy Rice (¼ cup yogurt, ¼ cup peaches, 1/3 cup Krispy Rice Cereal) 4 oz. Milk*	Cornflakes Cereal 1/3 cup Fresh Tangerine ¼ cup 4 oz. Milk*
Lunch/Dinner	Turkey Soft Taco (1 tortilla, 1/4 cup turkey meat & 1/8 cup lettuce & tomato) Applesauce 1/8 cup 4 oz. Milk*	Teriyaki Chicken w/ Fresh Vegetable Blend 3/8 cup Brown Rice ¼ cup Diced Pineapple 1/8 cup 4 oz. Milk*	Chicken Caesar Wrap (1 tortilla, ¼ cup chicken, 1/8 cup lettuce & tomato) Applesauce 1/8 cup 4 oz. Milk*	Tamale Pie 3/8 cup Chopped Green Salad w/ Raspberry Vinaigrette (1/8 cup salad, 1 tbsp dressing) Fruit Cocktail 1/8 cup 4 oz. Milk*	Arroz Caldo 3/8 cup Wheat Roll 1 each Steamed Carrots 1/8 cup Cantaloupe 1/8 cup 4 oz. Milk*
Snack	Graham Crackers 3 each 4 oz. Milk*	Whole Wheat Crackers w/ cheese 4 crackers, 1 slice cheese 4 oz. 100% Apple Juice	Steamed Carrot Sticks w/ Ranch Dip ½ cup (5 sticks) 4 oz. Milk*	Pita Bread w/Red Bell Pepper Hummus 3 wedges, 1 tbsp hummus 4 oz. Milk*	Applesauce ½ cup Mozzarella Cheese 1 stick Water

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Week 2

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Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Krispy Rice Cereal 1/3 cup Diced Pears ¼ cup 4 oz. Milk*	Poppy Seed Scone 1 each Applesauce ¼ cup 4 oz. Milk*	Toasted Oats Cereal 1/3 cup Banana Wheels ¼ cup = 4 wheels 4 oz. Milk*	Breakfast Wrap ½ (1 tortilla, 1 oz. sliced cheese, 1 slice Turkey Ham) Orange Slices ¼ cup 4 oz. Milk*	Cinnamon Cream of Rice ¼ cup Mixed Fruit ¼ cup 4 oz. Milk*
Lunch/Dinner	Fish Sticks 2 each Coleslaw w/ Pineapple Dressing 1/8 cup coleslaw, 1 tbsp dressing Mandarin Orange 1/8 cup 4 oz. Milk*	Chicken Fajitas w/ pepper and onions (1 tortilla, ¼ cup chicken, 1/8 cup lettuce and tomato) Pineapple 1/8 cup 4 oz. Milk*	Chicken Pasta Salad 3/8 cup of Pasta chicken Peas, tomato Applesauce 1/8 cup Steamed Carrots 1/8 cup 4 oz. Milk*	Chili con Carne (½ cup, ½ oz. Monterey Jack Cheese) Goldfish Crackers 28 each Honeydew 1/8 cup 4 oz. Milk*	Albondigas Soup 3/8 cup Bolillo Roll 1/2 each Steamed Carrots 1/8 cup Melon Blend 1/8 cup 4 oz. Milk
Snack	Yogurt Parfait w/ Diced Mango ¼ cup yogurt, 1/8 cup mango 4 oz. 100% Grape Juice	Diced Pears 1/2 cup 4 oz. Milk*	Cottage Cheese w/ Diced Peaches (1/8 cup cottage cheese, ½ cup peaches) Water	Pineapple Salsa w/crackers (4 crackers, 1/8 cup dip) 4 oz. 100% Apple Juice	Fruited Muffin 1 each 4 oz. Milk*

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Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toasted Oats 1/3 cup Orange Wedges 1/4 cup 4 oz. Milk*	Whole Wheat Bagel ½ w/ strawberry cream cheese spread (1 tbsp) Applesauce ¼ cup 4 oz. Milk*	Rice Chex 1/3 cup Banana Wheels ¼ cup = 4 wheels 4 oz. Milk*	Yogurt Parfait w/ Diced Peaches and Krispy Rice (¼ cup yogurt, ¼ cup peaches, 1/3 cup Krispy Rice Cereal) 4 oz. Milk*	Cornflakes Cereal 1/3 cup Fresh Tangerine ¼ cup 4 oz. Milk*
Lunch/Dinner	Inside Out Chicken Pot Pie (celery, onion, peas, carrots, potatoes) 1/3 cup Wheat Biscuit 1 Mixed Fruit 1/8 cup 4 oz. Milk*	Cheeseburger (½ bun, ½ patty, ½ slice of cheese) Diced Pineapple 1/8 cup Steamed Carrot Coins 1/8 cup/3.5 coins 4 oz. Milk*	Thai Coconut Chicken w/ Jasmine Rice 3/8 cup chicken, ¼ cup rice Crunchy Asian Mandarin Salad (no wontons) 1/8 cup w/ 1 tbsp sesame dressing Apricots 1/8 cup 4 oz. Milk*	Beef & Bean Burrito 1 each (w 1 tortilla, ¼ cup beef/bean, ½ oz. cheese, 1/8 cup lettuce & tomato) Applesauce 1/8 cup 4 oz. Milk*	Chicken Lo Mein 1/2 cup Steamed Capri Vegetables 1/8 cup Watermelon 1/8 cup 4 oz. Milk*
Snack	Applesauce ½ cup Whole Wheat Wafers 8 each Water	Steamed Carrot Sticks ½ cup = 5 sticks w/ 1000 Island 4 oz. Milk*	Hawaiian Chicken Salad 1/8 cup Slicer Bun 1 Water	Lemon Poppy Seed Scone ½ each 4 oz. 1% Milk	Graham Crackers 3 crackers Diced Pears ½ cup Water



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Week 4

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Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Krispy Rice Cereal 1/3 cup Diced Peaches ¼ cup 4 oz. Milk*	Whole Wheat Biscuit 1 each Cheese 1 slice Orange Slice ¼ cup 4 oz. Milk*	Toasted Oats Cereal 1/3 cup Banana Wheels ¼ cup = 4 wheels 4 oz. Milk*	Corn Chex Cereal 1/3 cup Diced Pineapple ¼ cup 4 oz. Milk*	Cinnamon Cream of Rice ¼ cup Applesauce ¼ cup 4 oz. Milk*
Lunch/Dinner	Grilled Chicken Sandwich whole wheat bun (½ bun, patty w/ sauce) Steamed Carrots 1/8 cup Applesauce 1/8 cup 4 oz. Milk*	Meatball Stroganoff 3/8 cup, 3 meatballs Green Salad 1/8 cup w/ ranch dressing Apricots 1/8 cup 4 oz. Milk*	Chicken Nuggets 3 each Steamed Scandinavian Vegetables 1/8 cup Tangerine 1/8 cup 4 oz. Milk*	Jambalaya w/Chicken and Turkey Ham 3/8 cup Shredded Romaine Salad 1/8cup Honeydew Melon 1/8 cup 4 oz. Milk*	Maraq Beef Stew 3/8 cup Couscous ¼ cup Tropical Fruit 1/8 cup 4 oz. Milk*
Snack	Yogurt Parfait w/ Diced Mango ¼ cup yogurt, 1/8 cup mango 4 oz. 100% Grape Juice	Graham Crackers 3 each Diced Peaches ½ cup Water	Whole Wheat Crackers w/ Bean Dip (4 crackers, 1/8 cup dip) 4 oz. 100% Apple Juice	Cheese Stick 1 Wheat Wafers 8 Water	Fruited Muffin 1 each 4 oz. Milk*

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