

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 Head Start Menu 2016/2017

Week 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Toasted Oats 1/3 cup</p> <p>Diced Pears ½ cup</p> <p>6 oz. 1% Milk</p>	<p>Whole Wheat Bagel ½ w/ Strawberry cream cheese spread 1 tbsp</p> <p>Orange Wedges 1/2 cup</p> <p>6 oz. 1% Milk</p>	<p>Rice Chex 1/3 cup</p> <p>Banana Wheels ½ cup = 8 wheels</p> <p>6 oz. 1% Milk</p>	<p>Yogurt Parfait w/ Diced Peaches and granola (¼ cup yogurt, ½ cup peaches, 1/3 cup granola)</p> <p>6 oz. 1% Milk</p>	<p>Cornflakes Cereal 1/3 cup</p> <p>Fresh Tangerine ½ cup</p> <p>6 oz. 1% Milk</p>
Lunch/Dinner	<p>Turkey Tostada (1 shell, 1/4 cup turkey meat. & ¼ cup lettuce & tomato)</p> <p>Apple ¼ cup</p> <p>6 oz. 1% Milk</p>	<p>Teriyaki Chicken w/ Fresh Vegetable Blend 3/8 cup</p> <p>Brown Rice ¼ cup</p> <p>Diced Pineapple ¼ cup</p> <p>6 oz. 1% Milk</p>	<p>Chicken Caesar Wrap (1 tortilla, ¼ cup chicken, ¼ cup lettuce & tomato)</p> <p>Mandarin Oranges ¼ cup</p> <p>6 oz. 1% Milk</p>	<p>Tamale Pie 3/8 cup</p> <p>Kale, Carrot Romaine Salad ¼ cup w/</p> <p>Raspberry Vinaigrette 1 tbsp</p> <p>Fruit Cocktail ¼ cup</p> <p>6 oz. 1% Milk</p>	<p>Arroz Caldo 3/8 cup</p> <p>Whole Wheat Roll 1 each</p> <p>Carrot Sticks ¼ cup</p> <p>Cantaloupe ¼ cup</p> <p>6 oz. 1% Milk</p>
Snack	<p>Graham Crackers 3 each</p> <p>4 oz. 1% Milk</p>	<p>Whole Wheat Crackers w/ cheese 4 crackers, ½ slice cheese</p> <p>4 oz. 100% Apple Juice</p>	<p>Carrot Sticks w/ Ranch Dip ½ cup (5 sticks)</p> <p>4 oz. 1% Milk</p>	<p>Pita Bread w/ Red Bell Pepper Hummus 3 wedges, 1 tbsp hummus</p> <p>4 oz. 1% Milk</p>	<p>Apple Slices ½ cup</p> <p>Mozzarella Cheese 1stick</p> <p>Water</p>

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Week 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Krispy Rice Cereal 1/3 cup Diced Pears ½ cup 6 oz. 1% Milk	Lemon Poppy Seed Scone 1/2 each Applesauce ½ cup 6 oz. 1% Milk	Toasted Oats Cereal 1/3 cup Banana Wheels ½ cup = 8 wheels 6 oz. 1% Milk	Breakfast Wrap (1 tortilla, 1 oz. sliced cheese, 1 slice Turkey Ham) Orange Slices ½ cup 6 oz. 1% Milk	Cinnamon Cream of Rice ¼ cup Mixed Fruit ½ cup 6 oz. 1% Milk
Lunch/Dinner	Fish Sticks 3 each Coleslaw w/ Pineapple Dressing ¼ cup coleslaw, 1 tbsp dressing Mandarin Orange ¼ cup 6 oz. 1% Milk	Chicken Fajitas w/ pepper and onions (1 tortilla, ¼ cup chicken, ¼ cup lettuce and tomato) Diced Pineapple ¼ cup Wheat Tortilla 1 6 oz. 1% Milk	Chicken Pasta Salad (1/2 cup mix of pasta, chicken, peas, bell pepper, celery & tomato) Carrot Sticks ½ cup (5 sticks) Fresh Red Apple 1/4 each 6 oz. 1% Milk	Chili con Carne (1/2 cup, ½ oz. Monterey Jack Cheese) Goldfish Crackers 28 each Honeydew ¼ cup 6 oz. 1% Milk	Albondigas Soup 3/8 cup Bolillo Roll ½ roll Melon Blend ¼ cup Cucumber Slices ¼ cup 6 oz. 1% Milk
Snack	Yogurt Parfait w/ Diced Mango ¼ cup yogurt, 1/8 cup mango 4 oz. 100% Grape Juice	Danjou Pear 1/2 pear 4 oz. Milk*	Cottage Cheese w/ Diced Peaches (1/8 cup cottage cheese, ½ cup peaches) Water	Tortilla Chips w/ Pineapple Salsa (4 chips, 1 tsp. salsa) 4 oz. 100% Apple Juice	Fruited Muffin 1 each 4 oz. Milk*



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Week 3

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Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toasted Oats 1/3 cup Orange Wedges 1/2 cup 6 oz. 1% Milk	Whole Wheat Bagel 1/2 w/ Strawberry cream cheese spread (1 tbsp) Applesauce 1/2 cup 6 oz. 1% Milk	Rice Chex 1/3 cup Banana Wheels 1/2 cup = 8 wheels 6 oz. 1% Milk	Yogurt Parfait w/ Diced Peaches and granola (1/4 cup yogurt, 1/2 cup peaches, 1/3 cup granola) 6 oz. 1% Milk	Cornflakes Cereal 1/3 cup Fresh Tangerine 1/2 cup 6 oz. 1% Milk
Lunch/Dinner	Inside Out Chicken Pot Pie (celery, onion, peas, carrots, potatoes) 1/2 cup Whole Wheat Biscuit 1 each Mixed Fruit 1/4 cup 6 oz. 1% Milk	Cheeseburger (1/2 bun, 1/2 patty, 1/2 slice cheese) Cucumber Coins 1/4 cup (3.5 coins) Diced Pineapple 1/4 cup 6 oz. 1% Milk	Thai Chicken w/ Jasmine Rice 3/8 cup chicken, 1/4 cup rice Crunchy Asian Mandarin Salad 1/4 cup w/ 1 tbsp sesame dressing Apricots 1/4 cup 6 oz. 1% Milk	Beef & Bean Burrito 1 each (w/ 1 tortilla, 1/4 cup beef/bean, 1/2 oz. cheese, 1/4 cup lettuce & tomato) Apple Slices 1/4 cup 6 oz. 1% Milk	Chicken Lo Mein 1/2 cup Steamed Capri Vegetables 1/4 cup Watermelon 1/4 cup or 1 wedge 6 oz. 1% Milk
Snack	Golden Apple 1/2 cup Whole Wheat Wafers 8 each Water	Carrot Sticks 1/2 cups = 5 sticks w/ Ranch Dressing 4 oz. 1% Milk	Hawaiian Chicken Salad Sliders (1/8 cup tuna) 1 Slider Bun Water	Lemon Poppy Seed Scone 1/2 each 4 oz. 1% Milk	Graham Crackers 3 crackers Fresh Pear 1/2 pear Water

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Week 4

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Krispy Rice Cereal 1/3 cup Diced Peaches 1/2 cup 6 oz. 1% Milk	Wheat Biscuit (1 each) Cheese 1 slice Orange Slice 1/2 cup 6 oz. 1% Milk	Toasted Oats Cereal 1/3 cup Banana Wheels 1/2 cup = 8 wheels 6 oz. 1% Milk	Diced Pineapple (1/2 cup) Corn Chex Cereal 1/3 cup 6 oz. 1% Milk	Cinnamon Cream of Rice 1/4 cup Golden Apple Slices 1/2 cup 6 oz. 1% Milk
Lunch/Dinner	Baked Chicken on whole wheat bun (1/2 bun, patty, w/ sandwich sauce) Cucumber Slices 1/4 cup Red Apple 1/4 cup 6 oz. 1% Milk	Meatball Stroganoff 3/8 cup, 3 meatballs Green Salad & Health Chop Blend 1/4 cup salad, Italian Dressing 1 tsp Apricots 1/4 cup 6 oz. 1% Milk	Chicken Nuggets 4 each Steamed Scandinavian Vegetables 1/4 cup Tangerine 1/4 cup 6 oz. 1% Milk	Jambalaya w/ Chicken & Turkey Ham 3/8 cup Beet, Coconut & Apple Salad 1/4 cup Poppy Dressing 1 teaspoon Honeydew Melon (1/4 cup) 6 oz. 1% Milk	Maraq Beef Stew 3/8 cup Couscous 1/4 cup Tropical Fruit 1/4 cup 6 oz. 1% Milk
Snack	Yogurt Parfait w/ Diced Mango 1/4 cup yogurt, 1/8 cup mango 4 oz. 100% Grape Juice	Graham Crackers 3 each Diced Peaches 1/2 cup Water	Tortilla Chips w/ Bean Dip (4 chips, 1/8 cup dip) 4 oz. 100% Apple Juice	Cheese Stick (1 each) Wheat Wafers 8 Water	Fruited Muffin 1 each 4 oz. 1% Milk