

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 2017/2018

Week 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Whole Grain Toasted Oats 1/3 cup</p> <p>Orange Wedges ½ cup</p> <p>6 oz. 1% Milk</p>	<p>Whole Wheat Bagel (1/2 Each) w/ strawberry cream cheese (1 tbsp.)</p> <p>Diced Pears ½ 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>Vanilla Yogurt Parfait w/ diced Peaches and Granola (1/4 cup yogurt, ½ cup peaches, 1/8 cup granola)</p> <p>6 oz. 1% Milk</p>	<p>Whole Grain Kix Cereal (1/3 cup)</p> <p>Fresh Tangerine ½ cup</p> <p>6 oz. 1% Milk</p>
Lunch/Dinner	<p>Inside out Chicken Pot Pie (celery, onion, peas, carrots, potatoes) ½ cup</p> <p>Whole Wheat Biscuit 1 each</p> <p>Mixed Fruit ¼ cup</p> <p>6 oz. 1% Milk</p>	<p>Teriyaki Chicken w/ Fresh Vegetable Blend 3/8 cup</p> <p>Whole Grain Brown Rice ¼ cup</p> <p>Diced Pineapple ¼ cup</p> <p>6 oz. 1% Milk</p>	<p>Chili Con Carne (1/2 cup, ½ oz. Monterey Jack Cheese)</p> <p>Goldfish Crackers 1/3 cup</p> <p>Fresh Red Apple ¼ cup</p> <p>6 oz. 1% Milk</p>	<p>Linguini and Meat Sauce (3/8 cup beef crumble, whole wheat linguini)</p> <p>Green Salad & Health Chop Blend 1/2 cup salad, Italian Dressing 1 tsp</p> <p>Fresh Pears 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>Whole Wheat Cracker (2 Packets) ½ oz. of Sliced Turkey Ham Water</p>	<p>Carrot Sticks w/ Ranch Dip (2 tbsp) ½ cup (5 sticks)</p> <p>4 oz. 1% Milk</p>	<p>Whole Grain Parmesan bread stick (1/2 each) Marinara Sauce (2 tbsp.)</p> <p>4 oz. 1% Milk</p>	<p>Apple Slices (1/2 cup) Mozzarella Cheese Stick (1 each) Water</p>	<p>Cucumber Coins w/ Ranch (1/2 cup) (2 tbsp)</p> <p>4 oz. 1% Milk</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 Head Start Menu 2017/2018

Week 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Blueberry Scone 1/2 each Apples 1/2 cup 6 oz. 1% Milk	Krispy Rice Cereal 1/3 cup Diced Pears 1/2 cup 6 oz. 1% Milk	Whole wheat Crostini with slice of American Cheese (1slice, 1 slice cheese) Orange Slices 1/2 cup 6 oz. 1% Milk	Whole Grain Toasted Oats Cereal 1/3 cup Banana Wheels 1/2 cup = 8 wheels 6 oz. 1% Milk	Whole Wheat Pancakes with strawberry Drizzle (1 pancake, 1tbsp strawberry) Mixed Fruit 1/2 cup 6 oz. 1% Milk
Lunch/Dinner	Chicken Fajitas w/ pepper and onions (1 whole wheat tortilla, 1/4 cup chicken, 1/2 cup lettuce and tomato) Diced Pineapple 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	Chicken Nuggets With Ketchup (5 each) Carrot Sticks 1/2 cup (5 sticks) Fresh Red Apple 1/4 cup 6 oz. 1% Milk	Meat crumble Stroganoff 3/8 cup, Green Salad & Health Chop Blend 1/2 cup salad, Italian Dressing 1 tsp Fruit Cocktail 1/4 cup 6 oz. 1% Milk	Whole Grain Hawaiian Chicken Slider (1/4 cup) 1 Whole Grain Slider Mandarin Orange 1/4 cup Cucumber Circles 1/4 cup 6 oz. 1% Milk
Snack	Strawberry Yogurt Parfait w/ Diced Mango 1/4 cup yogurt, 1/8 cup mango 4 oz. 100% Grape Juice	Whole Wheat Cracker (2 Packets) 1/2 oz. of Sliced Ham Water	Cottage Cheese w/ Diced Peaches (1/8 cup cottage cheese, 1/2 cup peaches) Water	Tortilla Chips w/ Black Bean, Corn, and Pico de Gallo Salsa (4 chips, 1 tbsp. salsa) 4 oz. 100% Apple	Fruit Muffin 1 each 4 oz. 1% Milk



ECS Head Start Menu 2017/2018

Week 3

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.

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
	Whole Grain Toasted Oats Cereal 1/3 cup Orange Wedges 1/2 cup 6 oz. 1% Milk	Whole Wheat Bagel ½ w/ Strawberry cream cheese spread (1 tbsp) Applesauce ½ cup 6 oz. 1% Milk	Rice Chex 1/3 cup Fresh Tangerine ½ cup 6 oz. 1% Milk	Vanilla Yogurt Parfait w/ Diced Peaches and granola (¼ cup yogurt, ½ cup peaches, 1/8 cup granola) 6 oz. 1% Milk	Whole Wheat Pancakes with strawberry Drizzle (1 pancake, 1tbsp strawberry) Banana Wheels ½ cup = 8 wheels 6 oz. 1% Milk
Lunch/Dinner	Beef & Bean Burrito 1 each (w/ 1 whole wheat tortilla, ¼ cup beef/bean, ½ oz. cheese, 1/2 cup lettuce & tomato) Apple Slices ¼ cup 6 oz. 1% Milk	Grilled Fajita Strips 4 each (Garnish BBQ sauce) 1 tsp Steamed Scandinavian Vegetables ¼ cup Whole Wheat Dinner Roll (1 each) Tangerine ¼ cup 6 oz. 1% Milk	Thai Chicken w/ Jasmine Rice 3/8 cup chicken, ¼ cup Jasmine Rice Crunchy Asian Mandarin Salad 1/2 cup w/ 1 tbsp sesame dressing Peaches ¼ cup 6 oz. 1% Milk	Cheeseburger (½ whole grain bun, ½ patty, ½ slice cheese) Cucumber Coins ¼ cup (3.5 coins) Diced Pineapple ¼ cup 6 oz. 1% Milk	Chicken Lo Mein 1/2 cup (Whole wheat pasta) Steamed Capri Vegetables ¼ cup Watermelon ¼ cup or 1 wedge 6 oz. 1% Milk
Snack	Fresh Carrot sticks (1/2 cup, 5 sticks) Ranch Dressing (2 Tbsp.) 4 oz. 1% Milk	Whole Grain Parmesan Bread Stick (1/2 each) Marinara Sauce (2 tbsp.) 4oz. 1 % Milk	Fresh Oranges ½ cup Whole Wheat Wafers 8 each Water	Fruited Muffin (1 each) 4 oz. 1% Milk	Fresh Apple (1/2 cup) Fresh Yogurt (1/4 cup) Water

Harvest of the Month

Network for a Healthy California



ECS Head Start Menu 2017/2018

Week 4

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Krispy Rice Cereal 1/3 cup Sliced Apples ½ cup 6 oz. 1% Milk	Whole Wheat Tortilla (1 each) Cheese 1 slice Fruit Cocktail ½ cup 6 oz. 1% Milk	Whole Grain Toasted Oats Cereal 1/3 cup Banana Wheels ½ cup = 8 wheels 6 oz. 1% Milk	Whole Wheat English Muffin (1 slice) ½ oz. Tukey Ham Applesauce ½ cup 6 oz. 1% Milk	Whole Grain Kix Cereal 1/3 cup Golden Apple Slices ½ cup 6 oz. 1% Milk
Lunch/Dinner	Baked Chicken on whole wheat bun (½ bun, patty, w/ sandwich sauce) Cucumber Slices ¼ cup Peaches ¼ cup 6 oz. 1% Milk	Hawaiian Pineapple Chicken (1 Each) Jasmine Rice (1/4 cup) Green Salad with Ranch (½ Cup) Ranch 1tsp. Oranges ¼ cup 6 oz. 1% Milk	Chicken Alfredo Pasta (3/8) cup wheat penne noodles) Steamed Broccoli (1/4 cup) Fresh Oranges (1/4 cup) 6 oz. 1% Milk	Tamale Pie (3/8 cup) Seasoned Corn (1/4 cup) Fruit Cocktail (1/4 cup) 6 oz. 1% Milk	Albondigas Soup 3/8 cup Whole Wheat Dinner Roll 1 each Melon Blend ¼ cup Cucumber Slices ¼ cup 6 oz. 1% Milk
Snack	Strawberry Yogurt Parfait w/ Diced Mango ¼ cup yogurt, 1/8 cup mango 4 oz. 100% Grape Juice	Tortilla Chips w/ Bean Dip (4 chips, 1/8 cup dip) 4 oz. 100% Apple Juice	Cucumber Coins w/ Ranch (2 tbsp) (½ cup) 4 oz. 1% Milk	Cheese Stick (1 each) Wheat Wafers 8 Water	Animal Crackers 4 each 4 oz. 1% Milk

This institution is an equal opportunity provider.

Esta institución es un proveedor que ofrece igualdad de oportunidades.

