

Date: Sept. 7-11
Nov. 2-6

Oct. 5-9
Nov. 30- Dec. 4

**Early Childhood Development Center
at Notre Dame**

Menus written by:
Janice McQuere and
Terri Kosik

Year: 2009

**ECDC LUNCH MENUS
WEEK 1**

Monday	Meat Entrée: Sloppy Joe on Bun Vegt. Entrée: Vegetarian Sloppy Joe on Bun Broccoli Cuts (A) Pineapple Chunks Fresh Apple 2% Milk*	1 ½ oz. – ½ bun (2-3 oz. – 1 bun) 1 ½ oz. – ½ bun (2-3 oz. – 1 bun) ¼ cup (1/2 cup) ¼ cup (1/4 cup) ½ piece (1/2 piece) 6 oz. (8 oz.)
Tuesday	Meat Entrée: Roast Beef Vegt. Entrée: Homemade Baked Vegetarian Manicotti Protein: 1 ½ oz. (3 oz.) Green Peas Peach Slices (A) Fresh Orange Tortilla Butter 2% Milk*	1 ½ oz. (2-3 oz.) ¼ cup (1/2 cup) ¼ cup (1/2 cup) ¼ cup (1/4 cup) ½ piece (1/2 piece) ½ slice (1/2 slice) 1 tsp. (1 tsp.) 6 oz. (8 oz.)
Wednesday	Meat Entrée: Chicken Stir Fry Protein: 1 ½ oz. (3 oz.) Vegt. Entrée: Homemade Vegetarian Stir Fry Protein: 1 ½ oz. (3 oz.) Rice Broccoli & Carrots Stir Fry (A) Tossed Salad w/ Grated Carrots Fresh Banana Wheat Bread Butter 2% Milk*	¼ cup (1/2 cup) ¼ cup (1/2 cup) ¼ cup (1/4 cup) ½ piece (1/2 piece) ½ slice (1/2 slice) 1 tsp. (1 tsp.) 6 oz. (8 oz.)
Thursday	Meat Entrée: Sliced Turkey Breast Vegt. Entrée: Garden Nature Patty on Bun Mixed Vegetables (A) Mandarin Oranges Fresh Apple Wheat Bread Butter 2% Milk*	1 ½ oz. (2-3 oz.) 1 ½-2 oz. (2-3 oz.) ¼ cup (1/2 cup) ¼ cup (1/4 cup) ½ piece (1/2 piece) ½ slice (1/2 slice) 1 tsp. (1 tsp.) 6 oz. (8 oz.)
Friday	Homemade Vegetarian Tofu Fried Rice Protein: 1 ½ oz. (3 oz.) Corn Apricots (A) Fresh Orange 2% Milk* Sugar Cookies	4 oz. (8 oz.) ¼ cup (1/2 cup) ¼ cup (1/4 cup) ½ piece (1/2 piece) 6 oz. (8 oz.) 1 each

() indicate 6/7's & 7/8/9's serving portions
*Juice (4oz.)Water may be substituted for milk (6oz.)

Date Sept. 14-18
Nov. 9-13

Oct. 12-16
Dec. 7-11

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**ECDC LUNCH MENUS
WEEK 2**

Monday:	Homemade Baked Cheese Ravioli Protein: 1 ½ oz. (3 oz.)	1 ½ oz. (2-3 oz.)
	Cut Green Beans	¼ cup (1/2 cup)
	Applesauce	¼ cup (1/4 cup)
	Fresh Orange	½ piece (1/2 piece)
	Wheat Bread	½ slice (1/2 slice)
	Butter	1 tsp. (1 tsp.)
	2% Milk*	6 oz. (8 oz.)
Tuesday	Meat Entrée: Homemade Meatballs with Spaghetti Sauce Protein: 1 ½ oz. (3 oz.)	1 ½ oz. ~ 2 meatballs (2-3 oz. ~ 4 meatballs)
	Vegt. Entrée: Homemade Garden Burger Crumble with Spaghetti Sauce Protein: 1 ½ oz. (3 oz.)	1 ½ oz. (2-3 oz.)
	Pasta	¼ cup (1/2 cup)
	Raw Broccoli Cuts (A)	¼ cup (1/2 cup)
	Fresh Fruit Salad (no grapes)	¼ cup (1/4 cup)
	Peach Slices	¼ cup (1/4 cup)
	Garlic Bread	½ slice (1/2 slice)
	Butter	1 tsp. (1 tsp.)
	2% Milk*	6 oz. (8 oz.)
Wednesday	Meat Entrée: Sweet & Sour Chicken Protein: 1 ½ oz. (3 oz.)	¼ cup (1/2 cup)
	Vegt. Entrée: Homemade Vegetarian Stir Fry Protein: 1 ½ oz. (3 oz.)	¼ cup (1/2 cup)
	Rice	¼ cup (1/2 cup)
	Sliced Carrots (A)	¼ cup (1/2 cup)
	Mandarin Oranges	¼ cup (1/4 cup)
	Fresh Apple	½ piece (1/2 piece)
	Potato Rolls	1 each (1 each)
	Butter	1 tsp. (1 tsp.)
	2% Milk*	6 oz. (8 oz.)
Thursday	Meat Entrée: Chicken Patty on Bun	1 ½ oz. – ½ bun (2-3 oz. – 1 bun)
	Vegt. Entrée: Garden Chicken Grill Patty	1 ½ oz. – ½ bun (2-3 oz. – 1 bun)
	Cut Corn	¼ cup (1/2 cup)
	Tossed Salad w/ Grated Carrots	¼ cup (1/4 cup)
	Fresh Orange	½ piece (1/2 piece)
	2% Milk*	6 oz. (8 oz.)
	Sugar Cookie	1 each
Friday	Homemade Macaroni and Cheese Protein: 1 ½ oz. (3 oz.)	½ cup (1-1 1/2 cup)
	Peas and Carrots (A)	¼ cup (1/2 cup)
	Apricots	¼ cup (1/4 cup)
	Fresh Banana	½ piece (1/2 piece)
	Wheat Bread	½ slice (1/2 slice)
	Butter	1 tsp. (1 tsp.)
	2% Milk*	6 oz. (8 oz.)

() indicate 6/7's & 7/8/9's serving portions

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Date: Aug. 24-28
Oct. 19-23
Dec. 14-18

Sept. 21-25
Nov 16-20

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**ECDC LUNCH MENUS
WEEK 3**

Monday	Meat Entrée: Sliced Turkey Breast Vegt. Entrée: Homemade Baked Cheese Ravioli Protein: 1 ½ oz. (3 oz.) Carrots and Peas (A) Applesauce Fresh Orange Wheat Bread Butter 2% Milk*	1 ½ oz. (2-3 oz.) 1 ½ oz. (2-3 oz.) ¼ cup (1/2 cup) ¼ cup (1/4 cup) ½ piece (1/2 piece) ½ slice (1/2 slice) 1 tsp. (1 tsp.) 6 oz. (8 oz.)
Tuesday	Meat Entrée: Beef Patty on Bun Vegt. Entrée: Garden Nature Patty on Bun Cut Corn Peach Slices (A) Fresh Banana 2% Milk*	1 ½ oz. – ½ bun (2-3 oz. – 1 bun) 1 ½ oz. – ½ bun (2-3 oz. – 1 bun) ¼ cup (1/2 cup) ¼ cup (1/4 cup) ½ piece (1/2 piece) 6 oz. (8 oz.)
Wednesday	Meat Entrée: Chicken Nuggets Vegt. Entrée: Vegetarian Chick'n Nuggets Raw Carrot Sticks (A) Coleslaw Fresh Apple Wheat Bread Butter 2% Milk*	1 ½ oz. ~ 2 nuggets (2-3 oz. ~ 4 nuggets) 1 ½ oz. (2-3 oz.) ¼ cup (1/2 cup) ¼ cup (1/4 cup) ½ piece (1/2 piece) ½ slice (1/2 slice) 1 tsp. (1 tsp.) 6 oz. (8 oz.)
Thursday	Homemade Vegetarian Tofu Fried Rice Protein: 1 ½ oz. (3 oz.) Sliced Carrots (A) Tossed Salad w/ grated carrots Fresh Orange Garlic Bread Butter 2% Milk*	4 oz. (8 oz.) ¼ cup (1/2 cup) ¼ cup (1/4 cup) ½ piece (1/2 piece) ½ slice (1/2 slice) 1 tsp. (1 tsp.) 6 oz. (8 oz.)
Friday	Meat Entrée: Beef Tacos Vegt. Entrée: Garden Burger Crumble Tacos Cut Green Beans Apricot Halves (A) Fresh Banana Tortilla Butter 2% Milk* Chocolate Chip Cookie	¼ cup (1/2 cup) ¼ cup (1/2 cup) ¼ cup (1/2 cup) ¼ cup (1/4 cup) ½ piece (1/2 piece) ½ slice (1/2 slice) 1 tsp. (1 tsp.) 6 oz. (8 oz.) 1 each

() indicate 6/7's & 7/8/9's serving portions

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Date: Aug. 31–Sept. 4 Sept. 28- Oct. 2
Oct. 26-30 Nov. 23-27

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**ECDC LUNCH MENUS
WEEK 4**

Monday	Meat Entrée: Italian Chicken Breast Vegt. Entrée: Homemade Baked Vegetarian Manicotti Protein: 1 ½ oz. (3 oz.) Broccoli Cuts (A) Pineapple Chunks Fresh Banana Wheat Bread Butter 2% Milk*	1 ½ oz. (2-3 oz.) 1 ½ oz. (2-3 oz.) ¼ cup (1/2 cup) ¼ cup (1/4 cup) ½ piece (½ piece) ½ slice (1/2 slice) 1 tsp. (1 tsp.) 6 oz. (8 oz.)
Tuesday	Meat Entrée: Chicken Fajitas Vegt. Entrée: Garden Burger Crumble Fajitas Corn Applesauce Fresh Orange Tortilla Butter 2% Milk*	¼ cup (1/2 cup) ¼ cup (1/2 cup) ¼ cup (1/2 cup) ¼ cup (1/4 cup) ½ piece (1/2 piece) ½ slice (1/2 slice) 1 tsp. (1 tsp.) 6 oz. (8 oz.)
Wednesday	Meat Entrée: Homemade Meatballs with Spaghetti Sauce Protein: 1 ½ oz. (3 oz.) Vegt. Entrée: Homemade Garden Burger Crumble with Spaghetti Sauce Protein: 1 ½ oz. (3 oz.) Pasta Cut Green Beans Fresh Banana Peach Slices (A) Garlic Bread Butter 2% Milk*	1 ½ oz. ~ 2 meatballs (2-3 oz. ~ 4 meatballs) 1 ½ oz. (2-3 oz.) ¼ cup (1/2 cup) ¼ cup (1/2 cup) ½ piece (½ piece) ¼ cup (1/4 cup) ½ slice (1/2 slice) 1 tsp. (1 tsp.) 6 oz. (8 oz.)
Thursday	Homemade Macaroni and Cheese Protein: 1 ½ oz. (3 oz.) Raw Carrot Sticks (A) Tossed Salad w/ Grated Carrots Fresh Apple Wheat Bread Butter 2% Milk* Sugar Cookie	½ cup (1-1 1/2 cup) ¼ cup (1/2 cup) ¼ cup (1/4 cup) ½ piece (1/2 piece) ½ slice (1/2 slice) 1 tsp. (1 tsp.) 6 oz. (8 oz.) 1 each
Friday	Meat Entrée: Chicken Patty on Bun Vegt. Entrée: Garden Chicken Grill Patty Mixed Vegetables (A) Sliced Pears Fresh Orange 2% Milk*	1 ½ oz. – ½ bun (2-3 oz. – 1 bun) 1 ½ oz. – ½ bun (2-3 oz. – 1 bun) ¼ cup (1/2 cup) ¼ cup (1/4 cup) ½ piece (1/2 piece) 6 oz. (8oz.)

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