

Date: 8/24 – 8/28, 9/21 – 9/25, 10/19 – 10/23  
11/16 – 11/20, 12/14 – 12/18, 1/4 – 1/8  
2/1 – 2/5, 3/1 – 3/5, 3/29 – 4/2, 4/26 – 4/30

**Early Childhood Development Center Saint Mary's College**

Year: 2009 – 2010 SY

**ECDC-SMC LUNCH MENUS  
WEEK 1**

Monday	Homemade Spaghetti Pie - Protein 1 ½ oz. (3 oz) Applesauce European Blend Vegetables Garlic Bread Fresh Orange 2% Milk*	½ cup (1 cup) ¼ cup (1/2 cup) ¼ cup (1/2 cup) ½ slice (1 slice) ½ piece (1 whole) 6 oz. (8 oz.)
Tuesday	Beef Soft Taco Carrot Coins Heavenly Hash Fresh Apple 2% Milk*	½ cup & ½ tortilla (1 cup and 1 tortilla) ¼ cup (1/2 cup) ¼ cup (1/2 cup) ½ piece (1 whole) 6 oz. (8 oz.)
Wednesday	Sliced Turkey Breast Sliced Peaches Broccoli Cuts Fresh Pear Rolls Margarine 2% Milk*	1 ½ oz. (2-3 oz.) ¼ cup (1/2 cup) ¼ cup (1/2 cup) ½ piece (1 whole) ½ roll (1 whole) 1 tsp. (1 tsp.) 6 oz. (8 oz.)
Thursday	Pasta Primavera – Protein 1 ½ oz (3 oz) Tossed Salad Green Beans Fresh Banana Wheat Bread Margarine 2% Milk*	½ cu p (1 cup) ¼ cup (1/2 cup) ¼ cup (1/2 cup) ½ piece (1 whole) ½ slice (1 slice) 1 tsp. (1 tsp.) 6 oz. (8 oz.)
Friday	Chicken Patty on Bun Banana Pineapple Salad Peas Fresh Apple 2% Milk* Surprise Treat	1 ½ oz & ½ bun (3 oz and 1 bun) ¼ cup (1/2 cup) 1/4 cup (1/2 cup) ½ piece (1 piece) 6 oz. (8 oz.) 1/2 cookie (1 cookie)

() indicate 5/6's & 7/8/9's serving portions

\*Juice (4oz.) may be substituted for milk (6oz.)

Date: 8/31 – 9/4, 9/28 – 10/2, 10/26 – 10/30  
 11/23 – 11/27, 1/11 – 1/15, 2/8 – 2/12,  
 3/8 – 3/12, 4/5 – 4/9, 5/3 – 5/7

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**ECDC-SMC LUNCH MENUS  
 WEEK 2**

Monday	Beef Ravioli Tossed Salad Carrot Coins Fresh Apple Wheat Bread Margarine 2% Milk*	½ cup (1 cup) ¼ cup (1/2 cup) ¼ cup (1/2 cup) ½ piece (1 whole) ½ slice (1 slice) 1 tsp. (1 tsp.) 6 oz. (8 oz.)
Tuesday	Chicken Stir Fry– Protein 1 ½ oz (3 oz) Banana Pineapple Salad Peas Fresh Orange Wheat Bread Margarine 2% Milk*	½ cup (1 cup) ¼ cup (1/2 cup) ¼ cup (1/2 cup) ½ piece (1 whole) ½ slice (1 slice) 1 tsp. (1 tsp.) 6 oz. (8 oz.)
Wednesday	Homemade Macaroni and Cheese- Protein 1 ½ oz (3 oz) Green Beans Marasweet Fresh Apple Wheat Bread Margarine 2% Milk*	½ cup (1 cup) ¼ cup (1/2 cup) ¼ cup (1/2 cup) ½ piece (1 whole) ½ slice (1 slice) 1 tsp. (1 tsp.) 6 oz. (8 oz.)
Thursday	Beef Patty on Bun Potato Salad Mixed Vegetables Fresh Banana 2% Milk* Surprise Treat	1 ½ oz & ½ bun (3 oz and 1 bun) ¼ cup (1/2 cup) ¼ cup (1/2 cup) ½ piece (1 whole) 6 oz. (8 oz.) 1/2 cookie (1 cookie)
Friday	Sloppy Joes on Bun Applesauce Broccoli Fresh Pear 2% Milk*	1 ½ oz & ½ bun (3 oz and 1 bun) ¼ cup (1/2 cup) 1/4 cup (1/2 cup) ½ piece (1 piece) 6 oz. (8 oz.)

() indicate 5/6's & 7/8/9's serving portions

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Date: 9/7 – 9/11, 10/5 – 10/9, 11/2 – 11/6  
 11/30 – 12/4, 1/18 – 1/22, 2/15 – 2/19  
 3/15 – 3/19, 4/12 – 4/16, 5/10 – 5/14

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**ECDC-SMC LUNCH MENUS  
 WEEK 3**

Monday	Sweet and Sour Chicken– Protein 1 ½ oz (3 oz) White Rice Peas and Carrots Fruit Cocktail Fresh Apple Wheat Bread Margarine 2% Milk*	½ cup (1 cup) ½ cup (1 cup) ¼ cup (1/2 cup) ¼ cup (1/2 cup) ½ piece (1 whole) ½ slice (1 slice) 1 tsp. (1 tsp.) 6 oz. (8 oz.)
Tuesday	Homemade Spaghetti Pie – Protein 1 ½ oz (3 oz) Tossed Salad Carrot Coins Fresh Banana Garlic Bread 2% Milk*	½ cup (1 cup) ¼ cup (1/2 cup) ¼ cup (1/2 cup) ½ piece (1 whole) ½ slice (1 slice) 6 oz. (8 oz.)
Wednesday	Homemade Baked Chicken and Noodles- Protein 1 ½ oz (3 oz) Sliced Peaches Corn Fresh Orange Roll Margarine 2% Milk*	½ cup (1 cup) ¼ cup (1/2 cup) ¼ cup (1/2 cup) ½ piece (1 whole) ½ slice (1 slice) 1 tsp. (1 tsp.) 6 oz. (8 oz.)
Thursday	BBQ Beef on Bun Orange Coconut Salad Mixed Vegetables Fresh Apple 2% Milk*	1 ½ oz & ½ bun (3 oz and 1 bun) ¼ cup (1/2 cup) ¼ cup (1/2 cup) ½ piece (1 whole) 6 oz. (8 oz.)
Friday	Chicken Breast Applesauce Broccoli Fresh Pear 2% Milk* Surprise Treat	1 ½ oz (3 oz ) ¼ cup (1/2 cup) 1/4 cup (1/2 cup) ½ piece (1 piece) 6 oz. (8 oz.) 1/2 cookie (1 cookie)

() indicate 5/6's & 7/8/9's serving portions  
 \*Juice (4oz.) may be substituted for milk (6oz.)

Date: 9/14 – 9/18, 10/12 – 10/16, 11/9 – 11/13  
12/7 – 12/11, 1/25 – 1/29, 2/22 – 2/26,  
3/22 – 3/26, 4/19 – 4/23.

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**ECDC-SMC LUNCH MENUS  
WEEK 4**

Monday	Chicken Fajitas– Protein 1 ½ oz (3 oz) Applesauce Carrots Fresh Orange 2% Milk*	½ cup & ½ tortilla (1 cup and 1 tortilla) 1/4 cup (1/2 cup) ¼ cup (1/2 cup) ½ piece (1 whole) 6 oz. (8 oz.)
Tuesday	Beef Ravioli – Protein 1 ½ oz (3 oz) Tossed Salad Corn Fresh Apple Wheat Bread Margarine 2% Milk*	½ cup (1 cup) ¼ cup (1/2 cup) ¼ cup (1/2 cup) ½ piece (1 whole) ½ slice (1 slice) 1 tsp. (1 tsp.) 6 oz. (8 oz.)
Wednesday	Chicken Breast Sliced Peaches Broccoli Fresh Banana Wheat Bread Margarine 2% Milk*	1 ½ oz (3 oz ) ¼ cup (1/2 cup) ¼ cup (1/2 cup) ½ piece (1 whole) ½ slice (1 slice) 1 tsp. (1 tsp.) 6 oz. (8 oz.)
Thursday	Breaded Cod on Bun Fresh Fruit Salad Green Beans Fresh Pear 2% Milk* Surprise Treat	1 ½ oz & ½ bun (3 oz and 1 bun) ¼ cup (1/2 cup) ¼ cup (1/2 cup) ½ piece (1 whole) 6 oz. (8 oz.) 1/2 cookie (1 cookie)
Friday	Chicken Nuggets Sliced Pears Cauliflower Fresh Apple Roll Margarine 2% Milk*	1 ½ oz (3 oz ) ¼ cup (1/2 cup) 1/4 cup (1/2 cup) ½ piece (1 piece) ½ slice (1 slice) 1 tsp. (1 tsp.) 6 oz. (8 oz.)

() indicate 5/6's & 7/8/9's serving portions  
\*Juice (4oz.) may be substituted for milk (6oz.)