

Date: 8/22 – 8/26, 9/19 – 9/23, 10/17 – 10/21,
11/14 – 11/18, 12/12 – 12/16, 1/2 – 1/6,
1/30 – 2/3, 2/27 – 3/2, 3/26 – 3/30, 4/23 – 4/27,

Early Childhood Development Center Saint Mary's College

Year: 2011 – 2012 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 1% 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 Fruit Cocktail Fresh Apple 1% 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 1% 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 1% 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 Whole Wheat Bun Banana Pineapple Salad Peas Fresh Apple 1% 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

Date: 8/29 – 9/2, 9/26 – 9/30, 10/24 – 10/28,
11/21 – 11/25, 1/9 – 1/13, 2/6 – 2/10,
3/5 – 3/9, 4/2 – 4/6, 4/30 – 5/4

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**ECDC-SMC LUNCH MENUS
WEEK 2**

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

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

**Date: 9/5 – 9/9, 10/3 – 10/7, 10/31 – 11/4
11/28 – 12/2, 1/16 – 1/20, 2/13 – 2/17
3/12 – 3/16, 4/9 – 4/13, 5/7 – 5/11**

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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 1% 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	Mostaccoli – Protein 1 ½ oz (3 oz) Tossed Salad Carrot Coins Fresh Banana Garlic Bread 1% 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 1% 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	Chicken Patty on Whole Wheat Bun Mandarin Oranges Mixed Vegetables Fresh Apple 1% 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 Wheat Bread 1% Milk Surprise Treat	1 ½ oz (3 oz) ¼ cup (1/2 cup) 1/4 cup (1/2 cup) ½ piece (1 piece) ½ slice (1 slice) 6 oz. (8 oz.) 1/2 cookie (1 cookie)

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

Date: 9/12 – 9/16, 10/10 – 10/14, 11/7 – 11/11,
12/5 – 12/9, 1/23 – 1/27, 2/20 – 2/24,
3/19 – 3/23, 4/16 – 4/20, 5/14 – 5/18

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**ECDC-SMC LUNCH MENUS
WEEK 4**

Monday	Chicken Fajitas– Protein 1 ½ oz (3 oz) Applesauce Carrots Fresh Orange 1% 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	Cheese Ravioli – Protein 1 ½ oz (3 oz) Tossed Salad Corn Fresh Apple Wheat Bread Margarine 1% 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 1% 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 Whole Wheat Bun Fresh Fruit Salad Green Beans Fresh Pear 1% 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 1% 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.)

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