<table>
<thead>
<tr>
<th>Day</th>
<th>Meal Entry 1</th>
<th>Serving Size</th>
<th>Meal Entry 2</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Meat Entrée: Sloppy Joe on Bun</td>
<td>1 ½ oz. – ½ bun (2-3 oz. – 1 bun)</td>
<td>Vegt. Entrée: Vegetarian Sloppy Joe on Bun</td>
<td>1 ½ oz. – ½ bun (2-3 oz. – 1 bun)</td>
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<tr>
<td></td>
<td>Broccoli Cuts (A)</td>
<td>¼ cup (1/2 cup)</td>
<td>Pineapple Chunks</td>
<td>¼ cup (1/4 cup)</td>
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<tr>
<td></td>
<td>Fresh Apple</td>
<td>½ piece (1/2 piece)</td>
<td>1% Milk</td>
<td>6 oz. (8 oz.)</td>
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<tr>
<td>Tuesday</td>
<td>Meat Entrée: Roast Beef</td>
<td>1 ½ oz. (2-3 oz.)</td>
<td>Vegt. Entrée: Homemade Baked Vegetarian Manicotti</td>
<td>¼ cup (1/2 cup)</td>
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<tr>
<td></td>
<td>Green Peas</td>
<td>¼ cup (1/2 cup)</td>
<td>Protein: 1 ½ oz. (3 oz.)</td>
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<td></td>
<td>Peach Slices (A)</td>
<td>¼ cup (1/4 cup)</td>
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<tr>
<td></td>
<td>Fresh Orange</td>
<td>½ piece (1/2 piece)</td>
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<tr>
<td></td>
<td>Tortilla</td>
<td>½ slice (1/2 slice)</td>
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<td></td>
<td>Butter</td>
<td>1 tsp. (1 tsp.)</td>
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<tr>
<td></td>
<td>1% Milk</td>
<td>6 oz. (8 oz.)</td>
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<tr>
<td>Wednesday</td>
<td>Meat Entrée: Chicken Stir Fry</td>
<td>¼ cup (1/2 cup)</td>
<td>Vegt. Entrée: Homemade Vegetarian Stir Fry</td>
<td>¼ cup (1/2 cup)</td>
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<tr>
<td></td>
<td>Protein: 1 ½ oz. (3 oz.)</td>
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<tr>
<td></td>
<td>Rice</td>
<td>¼ cup (1/2 cup)</td>
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<td></td>
<td>Broccoli &amp; Carrots Stir Fry (A)</td>
<td>¼ cup (1/2 cup)</td>
<td>Tossed Salad w/ Grated Carrots</td>
<td>¼ cup (1/4 cup)</td>
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<tr>
<td></td>
<td>Fresh Banana</td>
<td>½ piece (1/2 piece)</td>
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<td></td>
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<tr>
<td></td>
<td>Wheat Bread</td>
<td>½ slice (1/2 slice)</td>
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<tr>
<td></td>
<td>Butter</td>
<td>1 tsp. (1 tsp.)</td>
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<tr>
<td></td>
<td>1% Milk</td>
<td>6 oz. (8 oz.)</td>
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<tr>
<td>Thursday</td>
<td>Meat Entrée: Sliced Turkey Breast</td>
<td>1 ½ oz. (2-3 oz.)</td>
<td>Vegt. Entrée: Garden Nature Patty on Bun</td>
<td>1 ½-2 oz. (2-3 oz.)</td>
</tr>
<tr>
<td></td>
<td>Mixed Vegetables (A)</td>
<td>¼ cup (1/2 cup)</td>
<td>Mandarin Oranges</td>
<td>¼ cup (1/4 cup)</td>
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<tr>
<td></td>
<td>Fresh Apple</td>
<td>½ piece (1/2 piece)</td>
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<td></td>
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<tr>
<td></td>
<td>Wheat Bread</td>
<td>½ slice (1/2 slice)</td>
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<td></td>
<td>Butter</td>
<td>1 tsp. (1 tsp.)</td>
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<tr>
<td></td>
<td>1% Milk</td>
<td>6 oz. (8 oz.)</td>
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<tr>
<td>Friday</td>
<td>Meat Entrée: Beef Patty on Bun</td>
<td>1 ½ oz. – ½ bun (2-3 oz. – 1 bun)</td>
<td>Vegt. Entrée: Garden Nature Patty on Bun</td>
<td>1 ½ oz. – ½ bun (2-3 oz. – 1 bun)</td>
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<tr>
<td></td>
<td>Corn</td>
<td>¼ cup (1/2 cup)</td>
<td>Apricots (A)</td>
<td>¼ cup (1/4 cup)</td>
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<td></td>
<td>Fresh Orange</td>
<td>½ piece (1/2 piece)</td>
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<tr>
<td></td>
<td>1% Milk</td>
<td>6 oz. (8 oz.)</td>
<td>Chocolate Chunk Cookies</td>
<td>½ each (1 each)</td>
</tr>
</tbody>
</table>

() indicate 5/6’, 6/7’s & 8/9/10’s serving portions
Additional food available for seconds
Date: 6/11-6/15/18
7/9-7/13/18
8/6-8/10/18

Early Childhood Development Center
at Notre Dame

Year: 2017-2018

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.)
          1% Milk
          6 oz. (8 oz.)

Tuesday:  Meat Entrée:  Homemade Meatballs with Spaghetti Sauce
          Protein: 1 ½ oz. (3 oz.)
          1 ½ oz. ~ 2 meatballs
          Vegetarian Entrée:  Homemade Garden Burger Crumble with Spaghetti Sauce
          Protein: 1 ½ oz. (3 oz.)
          2-3 oz. ~ 4 meatballs
          Pasta
          ¼ cup (1/2 cup)
          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.)
          1% Milk
          6 oz. (8 oz.)

Wednesday:  Meat Entrée:  Sweet & Sour Chicken
             Protein: 1 ½ oz. (3 oz.)
             ¼ cup (1/2 cup)
             Vegetarian 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.)
             1% Milk
             6 oz. (8 oz.)

Thursday:  Meat Entrée:  Chicken Patty on Bun
           Protein: 1 ½ oz. – ½ bun (2-3 oz. – 1 bun)
           1 ½ oz. – ½ bun (2-3 oz. – 1 bun)
           Vegetarian Entrée:  Garden Chicken Grill Patty
           Cut Corn
           ¼ cup (1/2 cup)
           Tossed Salad w/ Grated Carrots
           ¼ cup (1/4 cup)
           Fresh Orange
           ½ piece (1/2 piece)
           1% Milk
           6 oz. (8 oz.)
           Sugar Cookie
           ½ each (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.)
         1% Milk
         6 oz. (8 oz.)

() indicate 5/6’s, 6/7’s & 8/9/10’s serving portions
Additional food available for seconds
ECDC LUNCH MENUS
WEEK 3

Monday
Meat Entrée: Sliced Turkey Breast 1 ½ oz. (2-3 oz.)
Vegt. Entrée: Homemade Baked Cheese Ravioli 1 ½ oz. (2-3 oz.)
Protein: 1 ½ oz. (3 oz.)
Carrots and Peas (A) 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.)
1% Milk 6 oz. (8 oz.)

Tuesday
Meat Entrée: Beef Patty on Bun 1 ½ oz. –½ bun (2-3 oz. – 1 bun)
Vegt. Entrée: Garden Nature Patty on Bun 1 ½ oz. –½ bun (2-3 oz. – 1 bun)
Cut Corn ¼ cup (1/2 cup)
Peach Slices (A) ¼ cup (1/4 cup)
Fresh Banana ½ piece (1/2 piece)
1% Milk 6 oz. (8 oz.)

Wednesday
Meat Entrée: Chicken Nuggets 1 ½ oz. ~ 2 nuggets (2-3 oz. ~ 4 nuggets)
Vegt. Entrée: Vegetarian Chick’n Nuggets 1 ½ oz. (2-3 oz.)
Mixed Vegetables (A) ¼ cup (1/2 cup)
Coleslaw ¼ cup (1/4 cup)
Fresh Apple ½ piece (1/2 piece)
Wheat Bread ½ slice (1/2 slice)
Butter 1 tsp. (1 tsp.)
1% 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)
Sliced Carrots (A) ¼ cup (1/2 cup)
Tossed Salad w/ grated carrots ¼ cup (1/4 cup)
Fresh Orange ½ piece (1/2 piece)
Butter 1 tsp. (1 tsp.)
1% Milk 6 oz. (8 oz.)

Friday
Meat Entrée: Beef Tacos ¼ cup (1/2 cup)
Vegt. Entrée: Garden Burger Crumble Tacos ¼ cup (1/2 cup)
Cut Green Beans ¼ cup (1/2 cup)
Apricot Halves (A) ¼ cup (1/4 cup)
Fresh Banana ½ piece (1/2 piece)
Tortilla ½ slice (1/2 slice)
Butter 1 tsp. (1 tsp.)
1% Milk 6 oz. (8 oz.)
Sugar Cookie ½ each (1 each)

() indicate 5/6’s, 6/7’s & 8/9/10’s serving portions
Additional food available for seconds
<table>
<thead>
<tr>
<th>Day</th>
<th>Meat Entrée</th>
<th>Vegt. Entrée</th>
<th>Protein</th>
<th>Broccoli Cuts (A)</th>
<th>Pineapple Chunks</th>
<th>Fresh Banana</th>
<th>Wheat Bread</th>
<th>Butter</th>
<th>1% Milk</th>
<th>1% Milk</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Italian Chicken Breast</td>
<td>Homemade Baked Vegetarian Manicotti</td>
<td>1 ½ oz. (2-3 oz.)</td>
<td>¼ cup (1/2 cup)</td>
<td>¼ cup (1/4 cup)</td>
<td>½ piece (½ piece)</td>
<td>½ slice (1/2 slice)</td>
<td>1 tsp.</td>
<td>6 oz. (8 oz.)</td>
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<tr>
<td>Tuesday</td>
<td>Chicken Fajitas</td>
<td>Garden Burger Crumble Fajitas</td>
<td>¼ cup (1/2 cup)</td>
<td>¼ cup (1/2 cup)</td>
<td>¼ cup (1/4 cup)</td>
<td>½ piece (1/2 piece)</td>
<td>½ slice (1/2 slice)</td>
<td>1 tsp.</td>
<td>6 oz. (8 oz.)</td>
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<tr>
<td>Wednesday</td>
<td>Homemade Meatballs with Spaghetti Sauce</td>
<td>Homemade Garden Burger Crumble with Spaghetti Sauce</td>
<td>1 ½ oz. (2-3 oz.)</td>
<td>¼ cup (1/2 cup)</td>
<td>¼ cup (1/2 cup)</td>
<td>½ piece (1/2 piece)</td>
<td>½ slice (1/2 slice)</td>
<td>1 tsp.</td>
<td>6 oz. (8 oz.)</td>
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<td>Thursday</td>
<td>Homemade Macaroni and Cheese</td>
<td></td>
<td>½ cup (1-1 1/2 cup)</td>
<td>¼ cup (1/2 cup)</td>
<td>¼ cup (1/4 cup)</td>
<td>½ piece (1/2 piece)</td>
<td>½ slice (1/2 slice)</td>
<td>1 tsp.</td>
<td>6 oz. (8 oz.)</td>
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<tr>
<td>Friday</td>
<td>Chicken Patty on Bun</td>
<td>Garden Chicken Grill Patty</td>
<td>1 ½ oz. – ½ bun (2-3 oz. – 1 bun)</td>
<td>¼ cup (1/2 cup)</td>
<td>¼ cup (1/4 cup)</td>
<td>½ piece (1/2 piece)</td>
<td>½ piece (1/2 piece)</td>
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<td>6 oz. (8 oz.)</td>
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() indicate 5/6’s, 6/7’s & 8/9/10’s serving portions

Additional food available for seconds