



## Menu RX/MSHS (ECEAP –E.Wenatchee & Bridgeport)



Date: \_\_\_\_\_

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	W.W. English Muffin Strawberries Milk	Toasted Oat Cereal Blueberries Milk	Scrambled eggs w/cheese Whole grain tortilla Salsa/ketchup Fruit cocktail Milk <b>TODDLERS:</b> No Salsa	W. W pancakes Syrup Pears Milk	Cereal bran Flakes/Raisins Milk
<b>AM Snack</b>	Mandarin Oranges Low Fat Cottage cheese Water	Banana Milk	Whole grain biscuit Applesauce Water	Strawberries Low fat vanilla yogurt Granola Water	Apple Slices Toasted Oats cereal (dry) Water
<b>Lunch</b>	Baked Fish Sticks Baby roasted potatoes Grapes Milk	W. G Macaroni & Cheese Asparagus Apple slices Milk <b>TODDLERS:</b> Applesauce	Chicken patty on W.G bun w/cheese Baked sweet potato fries Cantaloupe Milk <b>TODDLERS:</b> Quartered Chicken Sand	W.G English Muffin Pizza (Pizza sauce & Cheese) Green salad w/dressing Pineapple Milk <b>TODDLERS:</b> Shredded Lettuce Mandarin Oranges	W.W Cheese zombie Tomato soup Green Beans Diced Mango Milk
<b>PM SNACK</b>	W.W. soft pretzel 100% Apple juice	Celery and carrot sticks Cheese Cubes Water <b>Toddlers:</b> Steamed Carrots	Peach muffin Milk	Broccoli & Tomato slices Low fat ranch dip W.G Cheese crackers Water <b>Toddlers:</b> Steamed Broccoli	W.G Tortilla Chips Bean dip w/ Cheese & Salsa Water <b>TODDLERS:</b> Crackers & No Salsa

NOTE: Turkey– Ham is not a pork product. It is 100% smoked turkey meat. \* Minimum required amount of each food is served according to CACFP guidelines.

Menu may be subject to change due to availability.

Reviewed and approved on: 3/3/2017

  
 \_\_\_\_\_  
 Sarah H. He-S  
 USDA Manager  
 MA, RDN



# Menu RX/MSHS (ECEAP – E. Wenatchee & Bridgeport)

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Corn Flakes Cereal Fruit cocktail Milk	Cinnamon Oatmeal Apricots Milk	Breakfast burrito (W.G tortilla, egg & cheese) Salsa Melons Milk <b>TODDLERS:</b> No Salsa	Whole grain Waffles Blueberry sauce Milk	Whole grain Biscuit Cinnamon applesauce Milk
<b>AM Snack</b>	Banana Bread Square Milk	Grapefruit W.G. cheese crackers Water	1/2 mini W/W Bagel Low fat Cream cheese 100% Grape Juice	Low Fat Vanilla Yogurt Pineapple Granola Water	Celery sticks Raisins Cream cheese Milk
<b>Lunch</b>	Tuna sandwich on whole wheat bread, Pickles Vegetable soup Pears Milk	W. G Chicken, bean & cheese burrito Corn Orange slices Milk <b>TODDLERS:</b> Creamed Corn	Hamburger on W.G bun w/cheese Baked fries Fruit cocktail Milk <b>TODDLERS:</b> Quartered Cheeseburgers	Chicken & Cheese whole grain tortilla roll-up Salsa Refried beans Watermelon Milk	Chicken nuggets Ketchup Green salad w/dressing Tropical fruit cocktail Milk <b>TODDLERS:</b> Green Beans
<b>PM SNACK</b>	Trail mix (raisins, toasted oats, Chex mix & guppy crackers) Peaches Water <b>TODDLERS:</b> Diced Grapes	Carrot sticks/Tomato slices Low fat ranch W.G. Savory Crackers Water <b>TODDLERS:</b> Steamed carrots	Sliced Apples String Cheese Water <b>TODDLERS:</b> Sliced cheese	W.G. Saline Crackers Cottage Cheese Water	W.G Cinnamon Breadstick Milk

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3/3/2017

*Sara H. Hu*  
Sara H. Hu

USDA Manager  
MA, RDN



# Menu RX/MSHS (ECEAP –E.Wenatchee & Bridgeport)



Date: \_\_\_\_\_

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Low fat vanilla yogurt Granola Blueberries Milk	Cereal bran Flakes Apricots Milk	Scrambled Eggs w/cheese Whole grain toast Salsa Mandarin oranges Milk <b>TODDLERS:</b> No salsa	W.G French Toast Strawberries Milk	Toasted Oat Cereal Banana Milk
<b>AM Snack</b>	String cheese W.G Savory Crackers Water <b>TODDLERS:</b> Sliced cheese	Banana Milk	Low fat strawberry yogurt Apple Slices Water	Broccoli w/ ranch Cheese cubes Water <b>Toddlers:</b> Steamed carrots	W.G Saltines Applesauce Water
<b>Lunch</b>	Turkey/ham cheese sandwich on W.G bread Cucumber slices Orange slices Milk <b>TODDLERS:</b> Diced Grapes	W.G English Muffin Pizza (Pizza sauce & cheese) Chopped Veggies (Bell peppers, mushrooms & tomato) Pineapple Milk <b>TODDLERS:</b> Shredded Lettuce Mandarin Oranges	BBQ chicken sandwich on W.W bun Cooked carrots Tropical fruit salad Milk	W.G Baked fish Sticks Tarter sauce <del>Broccoli</del> <i>Mixed Veggies</i> Melon Milk	Beef taco on whole grain tortilla (cheese, lettuce, tomato) Fruit Cocktail Milk
<b>PM SNACK</b>	W.G. Cheese quesadilla Strawberries Water	Cucumber /Tomato slices Whole grain crackers Low fat ranch Water	Whole grain biscuit Applesauce Water	Bean & Cheese roll up on W. grain tortilla Water	Whole wheat soft pretzel Sunflower butter 100% Pineapple Juice

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*Sara Little*  
Sara Little

USDA Manager

MA, RDN



## Menu RX/MSHS (ECEAP –E.Wenatchee & Bridgeport)



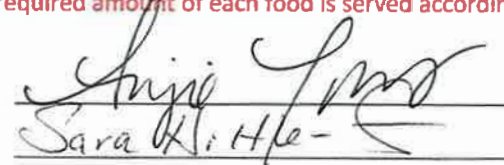
Date: \_\_\_\_\_

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Whole grain Waffles Berry sauce Milk	Toasted Oat Cereal Apricots Milk	Corn flakes Banana Milk	Whole grain biscuit Applesauce Milk	W.W pancakes Pureed strawberries Milk
<b>AM Snack</b>	Low fat Yogurt Granola Water	Sliced apples Cheese crackers Water	Mandarin oranges Low fat cottage cheese Water	Banana Milk	1/2 mini W.W Bagel Low fat Cream cheese Apple Slices Water
<b>Lunch</b>	W.G Chicken, bean & cheese burrito Celery & carrot sticks w/dip Strawberries Milk <b>TODDLERS:</b> Steamed Carrots	Homemade Chili con carne w/cheese Green Beans Whole wheat roll Fruit cocktail Milk	Chicken teriyaki Brown Rice Cooked carrots Pineapple Milk	W.G Spaghetti w/meat sauce Green salad w/dressing Diced pears Milk <b>TODDLERS:</b> Shredded Lettuce or Green beans	Chicken w/gravy Mashed potatoes Whole wheat roll Corn Grapes Milk <b>TODDLERS:</b> Diced Grapes / creamed corn
<b>PM SNACK</b>	Peaches Whole grain crackers Water	Broccoli/Cherry Tomato Low fat ranch dip String Cheese Water	W.G. English muffin Pizza sauce Cheese Water	Whole grain Tortilla chips Bean dip w/cheese & salsa Water <b>TODDLERS:</b> Whole grain Crackers No salsa	Cinnamon Oatmeal Square Milk

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 Sara K. Hille

USDA Manager

MA, RDN





# Menu RX/MSHS (ECEAP – E. Wenatchee & Bridgeport)

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THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cereal bran Flakes Mandarins Milk	Baked scrambled eggs W. G English Muffin Fruit cocktail Milk	Cinnamon Oatmeal Raisins Milk	Corn Flakes Cereal Sliced Apricots Milk <b>TODDLERS:</b> Applesauce	Cheese quesadillas /on whole grain tortilla Salsa Oranges Milk <b>TODDLERS:</b> Mandarin Oranges No salsa
<b>AM Snack</b>	Sliced Strawberries W. G. cheese crackers Water	Pineapple Low fat vanilla yogurt Water	Cinnamon Breadstick Milk	Grapes String Cheese Water <b>TODDLERS:</b> Diced grapes	Melon Whole grain Crackers Water
<b>Lunch</b>	Sloppy Joe on W. G bun Corn Melon Milk <b>TODDLERS:</b> Creamed Corn	Arroz con pollo (Chicken & Brown Rice) Peas & Carrots Diced pears Milk	W. G Chicken nuggets Ketchup Mixed vegetables Mixed Berries Milk	W. G Fish patty & cheese on W. G bun Tarter sauce Baby roasted potato Orange wedges Milk <b>TODDLERS:</b> Mandarin Oranges	Tuna sandwich on W. G bread Carrots & celery sticks w/dip Fruit cocktail Milk <b>TODDLERS:</b> Steamed Carrots
<b>PM SNACK</b>	Whole wheat Soft pretzel Sunflower butter Fresh blueberries Water	Banana Milk	Grapefruit Toasted oat cereal (dry) Water	Whole grain Biscuit Applesauce Water	Cucumber & carrot sticks Cheese slice Water

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Reviewed and approved on: 3/3/2017

*Spine Jones*  
SARAH HILL

USDA Manager

MA, RDN



# Menu RX/MSHS (ECEAP – E. Wenatchee & Bridgeport)

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Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Whole grain Biscuit Cinnamon applesauce Milk	Scrambled eggs w/cheese W. W. Toast Grapefruit Milk <b>TODDLERS:</b> Applesauce	Cinnamon oatmeal Peaches Milk	Cereal corn flakes Banana Milk	W. G. French Toast Strawberries Milk
<b>AM Snack</b>	Goldfish crackers 100% Grape juice	Fruit Kabobs (grapes on Pretzel stick) Cheddar cheese Water	Mixed fruit cocktail Low fat Cottage cheese Water	Apple Slices Whole grain Crackers Water <b>TODDLERS:</b> Applesauce	Banana Milk
<b>Lunch</b>	Hamburger on whole wheat bun W/cheese Carrots w/dip Fruit cocktail Milk <b>TODDLERS:</b> Quartered Hamburger	Beef Stroganoff Steamed broccoli Pineapple Milk	Tator tot Casserole Green Salad w/ dressing Whole grain roll Orange wedges Milk <b>TODDLERS:</b> Mandarin Oranges Steamed Vegetables	Cheese zombie Tomato soup Green beans Pears Milk <b>TODDLERS:</b> Diced grapes	Chicken vegetable chowder Wheat Roll Mixed berries Milk
<b>PM SNACK</b>	1/2 W. W. Mini bagel Low Fat Cream cheese Sliced fresh strawberries Water	Sliced Cucumbers & Cauliflower florets Low fat ranch dip W. W. Crackers Water	Cinnamon Breadstick Milk	W. G. English muffin Pizza sauce Cheese Water	Bean & Cheese roll up w/ W. grain tortilla Water

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