

ECHL Food Program Summer 2018

The Early Childhood Lab oversees the food program. Our kitchen staff is continually exploring ways to improve this program. We continue to review, revise and plan our menu choices based on input we receive from students, parents, and teachers. Our current menus have also been reviewed by a nutritionist to ensure we are providing not only healthy options but also foods our children will enjoy.

A morning snack will be offered each day. This is not a substitute for breakfast, but a snack to help the children get through the morning. Our lunch will consist of a nutritious, tasty menu. Generally speaking, we will offer the following:

Monday – pasta (plain pasta available if requested)
Tuesday – pork
Wednesday – beef
Thursday – chicken
Friday – meat option

Please feel free to contact Lori Harkness at lharkness@sfasu.edu should you have any questions, concerns, or ideas to improve our food program! We look forward to continuing to make this program the best it can be!

The ECHL Team



*Menus are tentative and subject to change.
Please see School Calendar for holidays and other days that are closed.*

Revised 5/31/18

Menus are offered on a rotational basis. Dates of weekly rotation are listed below:

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
6/4/18 7/9/18	Muffin Cheese Ravioli Alfredo Sauce Corn Breadstick Cobbler Milk Ice Cream & Fruit	Cheese Toast Chicken Strips Rice Green Peas Mandarin Oranges Milk Apple Slices W/Crackers	Oatmeal Ham & Cheese Sandwich Broccoli W/Ranch Lettuce & Pickles Goldfish Peaches Milk Rice Crispy	Muffin Burrito Rice Carrots W/Ranch Pineapple Milk Chicken Nuggets	Cereal Grilled Cheese Sandwich Chicken Noodle Soup Fruit Cookie Milk Yogurt
6/11/18 7/16/18	Waffle Chicken Spaghetti Salad Garlic Toast Pears Milk Frozen Fruit Bar	Hash Brown Chicken Drummies Potato Smiles Green Beans Pudding Milk Muffin	Pancakes Sweet & Sour Chicken Egg Roll Rice Carrots Pineapple Milk Jell-O & Crackers	Sausage Biscuit Cheeseburger Lettuce, Pickle Cheez-Itz Green Beans Peaches Milk Ice Cream & Fruit	Toast & Jelly Fish Tacos Lettuce, Salsa Mac & Cheese Broccoli W/Ranch Cookie Milk Banana W/Cookie
6/18/18 7/23/18	Muffin Beef Spaghetti Green Beans Garlic toast Applesauce Milk Cream Cheese Rollup	Oatmeal Chicken on a Bun Tater Tots Pickles Broccoli W/Ranch Pears Milk Frozen Fruit Bar	Cheese Toast Pepperoni Pizza Corn Carrots W/Ranch Pineapple Milk Cheez-Itz	Breakfast Casserole Steak on a Bun Baked Beans Mac & Cheese Blonde Brownie Milk Yogurt	Cereal Cheese Quesadilla Rice Ranch Style Beans Fruit Milk Cupcake & Fruit Cup
6/25/18 7/30/18	Hash Brown Glazed Beef Patty Buttered Pasta Green Beans Mandarin Oranges Milk Fruit Cup	Cinnamon Biscuit Chicken Pot Pie Fruit Roll Brownies Milk Cheese Pizza	Chicken Biscuit Pork McRib Pickle Tator Tots Broccoli W/Ranch Oranges Milk Grilled Cheese	Toast W/Jelly Steak Fingers Mashed Potatoes W/Gravy Green Peas Peaches Milk Muffin	Bagels W/Cream Cheese Cheese Pizza Salad W/Ranch Corn Cookie Milk Banana W/Chocolate Chips
7/2/18 8/6/18	French Toast Lasagna Green Beans Bread Fruit Cake Milk Steak Fingers	Fruit Cup Chicken Nuggets Potato Smiles Green Peas Roll Pears Milk Pudding	Biscuit W/Gravy Breaded Pork Patty on a Bun Pickles Baked Beans Cheez-Itz Pineapple Milk Oatmeal Cookie	Muffin Soft Tacos Lettuce, Cheese, Salsa Rice Pinto Beans Peaches Milk Yogurt	Apple Slices Scrambled Eggs Sausage Hash Brown Biscuit Mandarin Oranges Milk Brownie