

## **ECHL Food Program 2018 - 2019**

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](mailto: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 10/8/18*

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
9/24/18 11/5/18 1/7/19 2/18/19 4/8/19 5/20/19	Biscuit & Jelly  Pork McRib Potato Wedges Broccoli w/ Ranch Pickles Banana Milk  Ice cream Sandwich	Muffin  Cheeseburger Lettuce, Pickle Baked Beans Cheez-its Peaches Milk  Apple Slices & Crackers	Yogurt  Burrito Corn Salad w/ Ranch Mandarin Oranges Milk  Animal Crackers	Pancakes  Sweet-n-Sour Chicken Egg Roll Rice Carrots Pineapple Milk  Yogurt	Cereal  Grilled Cheese Sandwich Chicken Noodle Soup Fruit Brownie Milk  Gold fish
8/20/18 10/1/18 11/12/18 1/14/19 2/25/19 4/15/19 5/27/19	Biscuit & Jelly  Chicken on a Bun Potato Wedges Pickles Green beans Peaches Milk Rice Crispy	Mini Bagels W/Cream Cheese  Glazed Beef Patty Rice Green Peas Pears Milk  Chicken Nuggets	Chicken Biscuit  Pepperoni Pizza Corn Salad w/Ranch Mandarin Oranges Milk  Fruit Cup	Cinnamon Toast  Steak Fingers Carrots Mashed Potatoes w/ Gravy Bread Slice Banana Pudding Ketchup Sherbet	Cereal  Fish Taco Lettuce, Salsa Mac & Cheese Ranch Style Beans Cookie Milk Banana & Chocolate
8/27/18 10/8/18 11/26/18 1/21/19 3/4/19 4/22/19	Banana Drop Biscuit  Beef Spaghetti Corn Salad w/ Ranch Breadstick Applesauce Milk Cheese Rollups	Oatmeal  Chicken Nuggets Plain Pasta Green Beans Mandarin Oranges Milk  Muffin	Pancakes  Pulled Pork Mac-n-Cheese Carrots w/ Ranch Bread Slice Rice Crispy Milk Steak Fingers	Cinnamon Biscuit  Chicken Fries Peas Baked Beans Applesauce Milk  Cheez-its	Cereal  Cheese Pizza Broccoli w/ Ranch Corn Cookie Milk  Oatmeal Cookie
9/3/18 10/15/18 12/3/18 1/28/19 3/11/19 4/29/19	Cheese Toast  Chicken Taco Lettuce, Cheese, Salsa Pinto Beans Rice Mandarin Oranges Milk  Pudding	Hash Brown  Pork Patty Tator Tots Corn Bread Slice Pears Milk  Ice Cream Cup	Cereal  Cheeseburger Lettuce, Pickle Carrots w/ Ranch Goldfish Cake Milk  Chicken Fries	Fruit Cup  Lasagna Salad w/ Ranch Green Beans Breadstick Pineapple Milk  Carmel Rice Cake	French Toast  Turkey & Cheese Sandwich Pickles Broccoli w/ Ranch Cheez-its Strawberries Milk  Cupcake & Fruit
9/10/18 10/22/18 12/10/18 2/4/19 3/25/19 5/6/19	Waffle  Chicken Spaghetti Green Beans Bread Slice Fruit Brownie Milk  Rice Crispy	Muffin  Steak Patty on a Bun Waffle Fries Baked Beans Peaches Milk  Goldfish	Cereal  Chicken Pot Pie Corn Roll Pineapple Milk  Ice Cream Sandwich	Cheese Toast  Chicken Strips Mashed Potatoes w/ Gravy Green Peas Banana Ketchup Milk  Yogurt	Cinnamon Biscuit  Beef Taco Lettuce, Cheese, Salsa Rice Pinto Beans Brownie Milk  Lorna Doon Cookie
9/17/18 10/29/18 12/17/18 2/11/19 4/1/19 5/13/19	Muffin  Ravioli Corn Green Beans Texas Toast Pudding Milk  Grilled Cheese	Toast w/Jelly  Scrambled Eggs Sausage Hashbrown Biscuit Mandarin Oranges Milk  Animal Crackers	Cereal  Ham & Cheese Sandwich Lettuce, Pickle Potato Smiles Carrots w/ Ranch Pineapples Milk  Cheese Pizza	Biscuit w/Gravy  Chicken Drummies Mac & Cheese Baked Beans Strawberries Milk  Pudding	Hash Brown  Cheese Quesadillas Refried Beans Raw Broccoli w/ Ranch Rice Cobbler Milk  Jell-o & Crackers

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

