

## **ECHL Food Program 2019 - 2020**

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, each week we will offer pasta, pork, beef, chicken, and meat option meals.

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 8/16/19*

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
9/23/2019 11/4/2019 1/6/2020 2/17/2020 4/6/2020 5/18/2020	Biscuit & Jelly  Pork McRib Potato Wedges Broccoli w/Ranch Pickles Pineapple Milk  Animal Crackers	Eggs  Cheeseburger Lettuce, Pickle Broccoli w/Ranch Peaches Milk  Apple Slices & Crackers	Yogurt  Burrito Corn Salad w/Ranch Mandarin Oranges Milk  Oatmeal Cookie	Oatmeal  Sweet-n-Sour Chicken Egg Roll Rice Carrots Banana Milk  Raw Veggie & Ranch	Cereal  Grilled Cheese Sandwich Chicken Noodle Soup Broccoli w/Ranch Fruit Milk  Tots
8/19/2019 9/30/2019 11/11/2019 1/13/2020 2/24/2020 4/13/2020 5/26/2020	Fruit Cup  Chicken on a Bun Tots Pickles Green beans Peaches Milk Cucumber w/Ranch	Mini Bagels W/Cream Cheese  Glazed Beef Patty Elbow Macaroni Green Peas Pears Milk  Cheese & Crackers	Chicken Biscuit  Pepperoni Pizza Corn Salad w/Ranch Mandarin Oranges Milk  Fruit Cup	Oatmeal  Steak Fingers Carrots Mashed Potatoes w/ Gravy Strawberries Ketchup  Orange Slices	Cereal  Fish Stick Hush Puppies Mac & Cheese Coleslaw Pineapple Milk Banana
8/26/2019 10/7/2019 11/18/2019 1/21/2020 3/2/2020 4/20/2020	Banana Drop Biscuit  Beef Spaghetti Corn Salad w/Ranch Ice Cream Milk  Apple Rice Cake	Oatmeal  Chicken Nuggets Mashed Potato Green Beans Mandarin Oranges Milk  Muffin	Pancakes  Pulled Pork Mac-n-Cheese Carrots w/Ranch Pears Milk  Apple slices	Eggs  Chicken Fries Peas Baked Beans Applesauce Milk  Cheez-its	Cereal  Cheese Pizza Broccoli w/Ranch Corn Fruit Fluff Milk  Oatmeal Cookie
9/3/2019 10/14/2019 12/2/2019 1/27/2020 3/16/2020 4/27/2020	Cheese Toast  Chicken Taco Lettuce, Cheese, Salsa Pinto Beans Mandarin Oranges Milk  Pudding	Hash Brown  Tamale Pie Rice Green Peas Pears Milk  Orange Slices	Cereal  Cheeseburger Lettuce, Pickle Cucumbers w/Ranch Roasted Potatoes Peaches Milk  Carmel Rice Cakes	Oatmeal  Lasagna Salad w/Ranch Green Beans Pineapple Milk  Yogurt	French Toast  Turkey & Cheese Sandwich Pickles Broccoli w/Ranch Pasta Salad Strawberries Milk  Banana
9/9/2019 10/21/2019 12/9/2019 2/3/2020 3/23/2020 5/4/2020	Oatmeal  Chicken Spaghetti Green Beans Carrots Fruit Cobbler Milk  Rice Crispy	Muffin  Chef Salad Ham, Cheese Baked Potato Peaches Milk  Fruit Cup	Cereal  Chicken Pot Pie Corn Banana Milk  Yogurt	Cheese Toast  Chicken Strips Mashed Potatoes w/Gravy Green Peas Pineapple Milk  Muffin	Cinnamon Toast  Beef Taco Lettuce, Cheese, Salsa Rice Pinto Beans Cake Milk Applesauce
9/16/2019 10/28/2019 12/16/2019 2/10/2020 3/30/2020 5/11/2020	Muffin  Ravioli Corn Green Beans Pears Milk  Goldfish	Oatmeal  Scrambled Eggs Sausage Hashbrown Biscuit Mandarin Oranges Milk  Cheese Pizza Stick	Cereal  Ham & Cheese Sandwich Lettuce, Pickle Carrots w/Ranch Pineapples Milk  Banana	Biscuit w/Gravy  Chicken Drumsticks Mac & Cheese Carrots w/Ranch Strawberries Milk  Pudding	Hash Brown  Cheese Quesadilla Rice Refried Beans Raw Broccoli w/Ranch Jell-o w/Fruit Milk  Ham & Cheese

Menus are offered on a rotational basis. Dates of weekly rotation are listed in the left column.