

ECHL Food Program 2014 - 2015

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.

The ECHL offers afternoon snack for our After School Care Program. These items are listed in italics.

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

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
8/14 – 8/15 9/15 – 9/19 10/20 – 10/24 12/1 – 12/5 1/20 – 1/23 2/23 – 2/27 4/7 – 4/10 5/11 – 5/15	French Toast Beef Ravioli Corn Pea Salad Garlic Toast Jell-O Milk <i>Goldfish</i>	Eggs & Sausage Pulled Pork Sandwich TaterTots Salad w/Ranch Pineapple Milk <i>Muffin</i>	Cinnamon Biscuits Chili (tomatoes, onion, beans, and hamburger) Rice Broccoli w/Ranch Pink Fluff Milk <i>Grilled Cheese</i>	Kolaches Chicken Nuggets Peas Mashed Potatoes w/Gravy Roll Banana Milk <i>Cupcake</i>	Cereal Grilled Cheese Chicken & Vegetable Soup Crackers Cookie Milk <i>Fruit</i>
8/18 – 8/22 9/22 – 9/26 10/27 – 10/31 12/8 – 12/12 1/26 – 1/30 3/2 – 3/6 4/13 – 4/17 5/18 – 5/22	Sausage Biscuit Beef Spaghetti Green Beans Garlic Toast Mandarin Oranges Milk <i>Pudding</i>	Muffin Sweet & Sour Chicken Pork Egg Roll Carrots Rice Jell-O Cake Milk <i>Goldfish</i>	Cinnamon Biscuits Burritos Cowboy Beans (Inf & T1) Broccoli w/Ranch Rice Pears Milk <i>Ice Cream Sandwich</i>	Cheese Tortilla Chicken on a Bun Corn Potato Wedges Peaches Milk <i>Crackers w/Peanut Butter</i>	Cereal PB & J Sandwich Grilled Cheese (Inf & T1) Carrots w/Ranch Chips – Charter Potato Wedges – ECHL Cookie Milk <i>Fruit and Crackers</i>
8/25 – 8/29 9/29 – 10/3 11/3 – 11/7 12/15 – 12/19 2/2 – 2/6 3/9 – 3/13 4/20 – 4/24 5/26 – 5/29	Cheese Toast Fettuccini Alfredo w/Chicken Green Beans Salad w/Ranch Bread Sticks Peaches Milk <i>Frozen Fruit bar</i>	Muffin Pepperoni Pizza Corn Raw vegetables w/Ranch Jell-O w/Fruit Milk <i>Oatmeal Cookie</i>	Cinnamon Toast Cheeseburger Lettuce, Tomato, Pickles Baked Beans Chips – Charter Cheese Crackers - ECHL Banana Milk <i>Oranges</i>	Banana Drop Biscuits Chicken Strips Sweet Potato Fries English Peas Bread Stick Fruit Cobbler Milk <i>Cheese & Crackers</i>	Cereal Soft Tacos w/Beef Refried Beans Rice Lettuce, Cheese, Salsa Chips - Charter Cookie Milk <i>Jell-O w/Fruit</i>
9/2 – 9/5 10/6 – 10/10 11/10 – 11/14 1/5 – 1/9 2/9 – 2/13 3/23 – 3/27 4/27 – 5/1	Scrambled Eggs Chicken Spaghetti Salad w/Ranch Garlic Toast Peaches Milk <i>Muffin</i>	Hash Browns Ham & Cheese Sandwich Chips - Charter Cheese Crackers – ECHL Carrots w/Ranch Cake Milk <i>Fruit Bar</i>	Toast w/Jelly Steak Fingers Mashed Potatoes w/Gravy Pea Salad Bread Slice Banana Pudding Milk <i>Goldfish</i>	Pancakes Chicken Fajitas Rice Refried Beans Lettuce, Salsa and Cheese Mandarin Oranges Milk <i>Banana w/Cookie</i>	Cereal Cheese Pizza Corn Salad w/Ranch Cookie Milk <i>Frozen fruit Bar</i>
9/8 – 9/12 10/13 – 10/17 11/17 – 11/21 1/12 – 1/16 2/16 – 2/20 3/30 – 4/2 5/4 – 5/8	Toast w/Jelly Chicken Strips Seasoned Pasta Green Beans Garlic Bread Applesauce Milk <i>Apples w/Peanut Butter</i>	Banana Drop Biscuits Pork McRib on a Bun Pickles Potatoes Carrots w/Ranch Peaches Milk <i>Cheese & Crackers</i>	Biscuits w/Gravy Corn Dog – Charter Steak Fingers – ECHL Baked Beans Chips – Charter Goldfish - ECHL Jell-O w/Fruit Milk <i>Yogurt</i>	Cinnamon Toast BBQ Chicken Sweet Potato Fries Corn Bread Fruit and Spinach Salad Pudding Milk <i>Muffin</i>	Cereal Fish Sticks Mac & Cheese Coleslaw Hushpuppies Oranges Milk <i>Jell-O w/Fruit</i>

Please see School Calendar for holidays and other days that are closed.