

ECHL Food Program Summer 2014

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 will 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 question, 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
6/2 – 6/6 6/30 – 7/4 7/28 – 8/1	French toast Beef ravioli Corn Pea Salad Garlic Toast Jell-O Milk Goldfish	Eggs & Sausage Sweet & Sour Chicken Pork Egg Roll Carrots Rice Pineapple Milk Muffin	Cinnamon Biscuits Chili(tomatoes , onion, beans &hamburger) Saltines Broccoli with Ranch Pink Fluff Milk Grilled Cheese	Cheese Tortilla Chicken Spaghetti Fruit &Spinach Salad Garlic Toast Peaches Milk Cupcake	Cereal Grilled Cheese Chicken & Vegetable Soup Saltines Cookie Milk Fruit
6/9 – 6/13 7/7 – 7/11 8/4 – 8/8	Sausage Biscuit Beef Spaghetti Green Beans Garlic Toast Mandarin Oranges Milk. Pudding	Muffin Pulled Pork Sandwich TaterTots Salad Jell-O Cake Watermelon	Cinnamon Biscuits Burritos Cowboy Beans (Inf & T1) Broccoli with ranch Rice Pears Milk Ice Cream Sandwich	Pancakes Chicken nuggets Peas Mashed Potatoes w/Gravy Roll Banana Milk Peanut Butter Crackers	Cereal PB & J Sandwich Grilled Cheese (Inf & T1) Carrots w/Ranch Chips – Summer Care Potato Wedges –ECHL Cookie Milk Fruit and Crackers
6/16 – 6/20 7/14 – 7/18 8/11 – 8/15	Cheese Toast Fettuccini Alfredo w/Chicken Green Beans Salad Bread Sticks Watermelon Milk Frozen Fruit bar	Muffin Pepperoni Pizza Corn Raw vegetables w/ Ranch Jell-O w/Fruit Milk Oatmeal Cookie	Cinnamon Toast Cheeseburger Lettuce, Tomato, Pickles Baked Beans Chips –Summer care Cheese Crackers- ECHL Banana Milk Watermelon	Banana Drop Biscuits Chicken Strips Sweet Potato Fries English Peas Bread Stick Fruit Cobbler Milk Cheese & Crackers	Cereal Soft Tacos w/ Beef Beans Rice Lettuce, Cheese, Salsa Chips- Summer care Cookies Milk Jell-O w/Fruit
6/23 – 6/27 7/21 – 7/25	Scrambled Eggs Fish Sticks Mac & Cheese Coleslaw Hushpuppies Peaches Milk Muffin	Hash Browns Ham & Cheese Sandwich Chips- Summer Care Cheese Crackers –ECHL Carrots w/Ranch Cake Milk Fruit Bar	Toast w/jelly Steak Fingers Mashed Potatoes w/Gravy Pea Salad Bread Slice Banana Pudding Milk Oranges	Kolaches Chicken Fajitas Rice Refried Beans Lettuce, Salsa and Cheese Mandarin Oranges Milk Banana w/ Cookie	Cereal Cheese Pizza Corn Salad w/ Ranch Watermelon Milk Frozen fruit Bar

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