

**Puget Sound Educational Service District Early Learning Menu**

**Star Lake ECEAP**

Teacher **Judy Haney**  
 Menu **Nichole McGill**  
 Phone **253-945-4021**

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Due by the 5th of next month

**Breakfast**  
**Jan 2015**

**Required for USDA/CACFP Breakfast:** Milk, Grain, Fruit/Vegetable. Potatoes are vegetables (not a grain). A raw vegetable must be served with another raw vegetable or another component. Breakfast/Granola Bars are NOT Creditable at Breakfast. Meat is an optional component but should still be recorded. Use the left column to assist you components and portion sizes. (2% Milk is not creditable). **Cross out DAYS not in service.**

3 Components	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Milk: 6 oz	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Veg	F/V Mix tropical fruit	F/V oranges	F/V mix berries	F/V apple slices	F/V no school
Grain: 1/2sl, 1/4c	G chex cereal	G ww bagels	G graham crackers	G ww bread	G
Meat: Optional	M	M cream cheese	M yogurt, vanilla	M boiled eggs	M
Substitutions					
	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Milk: 6 oz	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Veg	F/V tropical fruit	F/V pears, diced	F/V applesauce	F/V bananas	F/V no school
Grain: 1/2sl, 1/4c	G flour tortilla	G cherrios	G french toast	G blueberry muffins	G
Meat: Optional	M cheese	M	M	M	M
Substitutions					
	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Milk: 6 oz	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Veg	F/V no school:	F/V pears, diced	F/V mix tropical fruit	F/V applesauce	F/V no school
Grain: 1/2sl, 1/4c	G Martin Luther King	G bran cereal	G ww english muffins	G waffle sticks	G
Meat: Optional	M Holiday	M	M sun butter	M	M
Substitutions					
	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Milk: 6 oz	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Veg	F/V apricots	F/V bananas	F/V no school	F/V no school	F/V
Grain: 1/2sl, 1/4c	G rice krispies cereal	G berry scone	G	G	G
Meat: Optional	M	M	M	M	M
Substitutions					
	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Milk: 6 oz	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Veg	F/V	F/V	F/V	F/V	F/V
Grain: 1/2sl, 1/4c	G	G	G	G	G
Meat: Optional	M	M	M	M	M
Substitutions					

For Meals served on the USDA CACFP: This institution is an equal opportunity provider.

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**Lunch**  
**Jan 2015**

**Required for USDA/CACFP Breakfast:** Milk, Grain, Fruit/Vegetable. Potatoes are vegetables (not a grain). A raw vegetable must be served with another raw vegetable or another component. Breakfast/Granola Bars are NOT Creditable at Breakfast. Meat is an optional component but should still be recorded. Use the left column to assist you components and portion sizes. (2% Milk is not creditable). **Cross out DAYS not in service.**

3 Components	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Milk: 6 oz	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Veg	F/V broccoli/satsumas	F/V celery/bananas	F/V apples cauliflower	F/V oranges/corn	F/V no school
Grain: 1/2sl, 1/4c	G ww bread	G ww buns	G ww rols	G flour tortilla	G
Meat: Optional	M sun butter	M roasted beef slices	M chicken drumstix	M sliced turkey	M
Substitutions	string cheese				
	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Milk: 6 oz	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Veg	F/V bananas/celery	F/V mix lettuce;apples	F/V lettuce/oranges	F/V broccoli/diced peaches	F/V no school
Grain: 1/2sl, 1/4c	G ww bread	G lasagna noodles	G corn chips	G pizza crust	G
Meat: Optional	M chickes strips	M beef in sauce	M pozole soup w/chicken, hominy	M cheese	M
Substitutions				sauce	
	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Milk: 6 oz	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Veg	F/V no school:	F/V potatoes;bananas	F/V celery stix/apples	F/V peas/peaches	F/V no school
Grain: 1/2sl, 1/4c	G Martin Luther King	G ww rolls	G wg buns	G macaroni pasta	G
Meat: Optional	M Holiday	M beef meatballs	M mesquite chicken patty	M cheese	M
Substitutions					
	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Milk: 6 oz	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Veg	F/V carrots, bananas	F/V oranges/sugar peas	F/V no school	F/V no school	F/V no school
Grain: 1/2sl, 1/4c	G wg rolls	G corn tortilla	G	G	G
Meat: Optional	M beef meatballs 1/ marinara	M chicken taco meat	M	M	M
Substitutions					
	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Milk: 6 oz	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Veg	F/V	F/V	F/V	F/V	F/V
Grain: 1/2sl, 1/4c	G	G	G	G	G
Meat: Optional	M	M	M	M	M
Substitutions					

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**snack**  
**Jan 2015**

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3 Components	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Milk: 6 oz	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Veg	F/V	F/V peaches	F/V	F/V salsa w/tomatoes	F/V no school
Grain: 1/2sl, 1/4c	G crackers	G	G rice cakes	G taco chips	G
Meat: Optional	M sliced cheese	M cottage cheese	M	M	M
Substitutions					
	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Milk: 6 oz	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Veg	F/V	F/V carrots/cauliflower	F/V mixed fruit	F/V	F/V no school
Grain: 1/2sl, 1/4c	G pita chips	G wg crackers	G goldfish crackers	G graham crackers	G
Meat: Optional	M	M	M	M	M
Substitutions				sauce	
	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Milk: 6 oz	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Veg	F/V no school:	F/V peach/apple	F/V pineapple	F/V salsa w/tomatoes	F/V no school
Grain: 1/2sl, 1/4c	G Martin Luther King	G	G	G tortilla chips	G
Meat: Optional	M Holiday	M string cheese	M vanilla yogurt	M	M
Substitutions					
	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Milk: 6 oz	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Veg	F/V orange juice (100% juice)	F/V	F/V no school	F/V no school	F/V no school
Grain: 1/2sl, 1/4c	G gold fish crackers	G ww bread	G	G	G
Meat: Optional	M	M sliced cheese	M	M	M
Substitutions					
	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Milk: 6 oz	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Veg	F/V	F/V	F/V	F/V	F/V
Grain: 1/2sl, 1/4c	G	G	G	G	G
Meat: Optional	M	M	M	M	M
Substitutions					

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