

## ECC MENU for October 2018

October 1-5

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	WG Honey Bunches Of Oats Cereal Fresh orange Slices Milk	Frozen Waffles, Fresh Apple Slices, Milk	WG Bagels/ cream Cheese, fresh oranges, milk	Hot oatmeal,(WG) Fresh Mixed Berries milk	Whole grain cereal (Honey Nut Cheerios), fresh oranges, milk
Lunch	Rice / Beef 2 dinner rolls, Baby carrots( ½ cup), Fresh Salad Grapes(½ Cup), milk	Mac And Cheese Garbanzo beans Fresh Green Beans, Sweet Bell peppers(½ Cup), Bananas Milk	Beef Tacos lettuce And Tomatoes refried Beans Canned peaches Milk	Lentil Soup frozen Corn Dinner Rolls, Fresh Pears, Lettuce and Tomatoes(¼ cup), milk	Falafel Sandwiches, Lettuce And Tomatoes, Fresh Salad, Apple(½ Cup) Slices, 1 oz Cheese Stick, milk
Snack	Cheese it Crackers Apple Juice	WW Bread with Peanut Butter, Orange Juice	Greek yogurt and fruit smoothie, WG Crackers, water	Goldfish crackers, Bananas Water	Peanut Butter Crackers Raisins Water

October 8-12

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Whole Grain Cereal (Honey Bunches of Oats) fresh apples, milk	Scrambled Eggs, Whole wheat toast, Fresh oranges, milk	Hot cinnamon Oatmeal, Bananas, milk	Yogurt parfait with granola and berries, milk	Whole grain cereal (Honey Nut Cheerios), fresh oranges, milk
Lunch	Chicken And Rice, ½ cup Green Beans, Grapes, chopped Lettuce and tomato salad, Baby Steamed Carrots milk	Chicken Noodle Soup w/2 Dinner rolls, Salad(1 cup), Fresh Apple Slices, Frozen Mix Veggies (½ cup), milk	Beef Stew with potatoes, WW Bread (2 slices), Canned Pineapple, Canned Green Beans(½ cup), milk	Roasted Tilapia Fillets, Green Pea rice slices, Coleslaw (½ cup), Canned Corn, ½ cup canned fruit cocktail, milk	Beef Spaghetti, Fresh Vegetable Medley (½ cup), Fresh Orange Slices, salad(1 cup), milk
Snack	Greek yogurt and mixed fruit smoothie	Graham crackers, Canned pineapple chunks, water	Vanilla Wafers /Chocolate pudding, Orange juice	WG English Muffin Pizza, apple juice	Cheese Sticks Fresh Apple Slices water

October 15-19

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Whole grain Hot Oatmeal Cereal, fresh Apple Slices, milk	WG Bagels with Cream Cheese, Orange juice( one Cup) milk	Croissants/Straw berry Jam, Fresh Orange Slices, milk	Frozen Pancakes Pancakes, Fresh Grapes, milk	Whole grain cereal (Cheerios), fresh oranges, milk
Lunch	Chicken and Rice w/frozen veggies, Fresh Apple Slices, Mixed Vegetables ½ cup, cucumber Slices ½ cup, WG Dinner Roll Milk	Homemade pizza, Fresh Apple Slices, canned potates Red Pepper Slices, Milk	Pasta /Beef 2 slices of WW bread, Fresh Fruit Salad, Fresh Green Beans ½ cup, Fresh Carrots ½ cup, milk	WG Beef quesadillas, Fresh Grapes, Fresh Green, Beans ½ cup, Refried Beans ½ cup, milk	Chicken Alfredo Pasta bake 2 wg bread slices, Fresh Pears, Fresh Broccoli, Canned Potatoes, milk
Snack	WW Egg Sandwiches grape juice	Animal Crackers Apple Juice	Chex mix cantaloupe Slices Water	Cheese Quesadillas Water	Graham Crackers /Vanilla yogurt, water

October 22-26

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Whole grain cereal (Honey bunches of oats), fresh apples, milk	Frozen French Toast Sticks bananas Milk	Croissants with strawberry jam, fresh oranges, milk	Yogurt parfait /Granola And Berries milk	WG Cheerios Fresh Grapes 1 cup, Milk
Lunch	Pasta /chicken, 2 dinner rolls, Canned pineapple, Fresh Green Beans ½ cup, Fresh Carrots ½ cup, milk	Beef Spaghetti Fresh Mixed Vegetables Fresh Orange Slices Fresh Salad Milk	Chicken Noodle Soup 2 dinner rolls, Romaine Salad 1 cup, Fresh Apple Slices, Frozen Mix Veggies ½ cup, milk	Roasted Tilapia Fillets, slices, Coleslaw ½ cup, Canned Corn ½ cup, Fresh Pears, milk	WW chicken Wraps, Canned corn (½ Cup), Canned Peaches (½ cup), Lettuce and Tomatoes(¼ cup), milk
Snack	Peanut butter and jelly sandwiches, water	Chocolate chip Muffins, Fresh Grapes, Milk	Pretzels, cheese sticks, apple juice	Egg Sandwiches, Apple Juice	Animal Crackers, Cantaloupe, Water

October 29-31

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	WG Cheerios Fresh Apple Slices milk	Bagels/Cream Cheese fresh Orange Slices Milk	Scrambled eggs /Toast Fresh Orange Slices Milk		
Lunch	Beef Tacos Lettuce And tomatoes canned peaches milk	Baked Chicken Mashed potatoes Fresh Pears WW Toast Milk	Rice /Fish Romaine Salad Fresh Grapes Dinner Roll Milk		
Snack	Cheese it Crackers Apple Juice	Cheese Quesadillas Orange Juice	Greek Yogurt and berry smoothie Crackers		