

## ECC MENU for December 2018

December 3-7

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Multi Grain Cheerios Fresh apple Slices Milk	WG Bagels/ Cream Cheese Fresh Apple Slices Milk	Scrambled Eggs WW Toast Fresh Orange Slices Milk	Yogurt Parfait Fresh Mixed Berries milk	Frozen Waffles fresh Orange Slices milk
Lunch	Chicken Noodle Soup WW Toast Fresh Apple Slices Roasted Fresh Broccoli Milk	Falafel Sandwiches Lettuce and Tomatoes Canned Peach Slices Milk	Beef Quesadillas Canned Corn Bananas Milk	Chicken Alfredo Canned Corn Fresh Pears, Lettuce and Tomatoes(¼ cup), milk	Lentil Soup/Rice, Fresh Salad, Apple(½ Cup) Slices, 1 oz Cheese Stick, milk
Snack	Pb And J Sandwiches Water	Animal Crackers Apple Juice	Cheese Sticks Ritz Crackers Grape Juice	English Muffin Pizzas, Apple Juice Water	Cream Cheese Crackers Raisins Water

December 10-14

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Hot Oatmeal Cereal fresh apples, milk	WG bagels/ Cream Cheese Fresh oranges, milk	Fresh Croissants Banana milk	Yogurt parfait with granola and berries, milk	Frozen pancakes 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 , 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

December 17-21

	<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	Boiled Eggs ,Fresh Grapes, milk	Frozen Waffles, fresh oranges, milk
Lunch	Chicken and Rice w/frozen veggies, Fresh Apple Slices ½ cup, cucumber Slices ½ cup, WG Dinner Roll Milk	Lentil Soup WW Toast Fresh Pears Fresh Roasted Broccoli Milk	Pasta with beef Roasted Mix Veggies Bananas Milk	WG Beef quesadillas, Fresh Grapes, Fresh Green, Beans ½ cup, Refried Beans ½ cup, milk	Homemade pizza, Fresh Apple Slices, Fresh Baked Potato Slices Red Pepper Slices, Milk
Snack	WW Egg Sandwiches grape juice	Cheese Quesadillas Apple Juice	Chex mix cantaloupe Slices Water	PB And J Sandwiches Water	Graham Crackers /Vanilla yogurt, water

December 24-28

	<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		Croissants with strawberry jam, fresh oranges, milk	Frozen Pancakes fresh Grapes Milk	Yogurt Parfait Fresh Berries Milk
Lunch	Pasta /chicken, 2 dinner rolls, Canned pineapple, Fresh Green Beans ½ cup, Fresh Carrots ½ cup, milk	No School	, Roasted Tilapia Fillets,/Sweetpea Rice Coleslaw ½ cup, Canned Corn ½ cup, Fresh Pears	Baked Chicken Mashed Potatoes WW Toast fresh Pear slices Milk	Lentil Soup WW toast Fresh Pears Fresh Roasted Broccoli Milk
Snack	Peanut butter and jelly sandwiches, water		Egg Sandwiches, apple juice	Graham Crackers orange juice	Egg Sandwich Orange Juice