

ECC MENU for January 2022

January 3-7

| | <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> |
|-----------|---|--|--|---|---|
| Breakfast | WG Cheerios apple slices Milk | WG Bagels/cream cheese Milk | Pancakes Fresh Orange Slices Milk | Fresh Croissants/ Strawberry Jam Bananas, Milk | Cinnamon toast sticks Grapes Milk |
| Lunch | Chicken pilaf salad Pineapple Chunks Milk | Beef spaghetti Canned corn Bananas milk | Chicken quesadilla Steamed mix vegetables Milk | Lentil soup Canned Peaches WW Crackers Milk | Beef tacos Corn Fresh Grapes Milk |
| Snack | PB and J sandwiches water | vanilla yogurt granola water | Fresh Fruit smoothies WG Crackers | Cheese Sticks WW Crackers Apple juice | Cream Cheese Crackers, Cucumber slices Grape Juice |

January 10-14

| | <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> |
|-----------|--|---|---|---|---|
| Breakfast | WG honey bunches of oats Fresh apple sliced Milk | Croissants with jelly Fresh Apple Slices Milk | Frozen waffles, Bananas orange juice | Scrambled eggs, fresh oranges milk | French toast sticks fresh grapes, milk |
| Lunch | Baked fish and rice, Salad Bananas Milk | Chicken wraps Corn Fresh oranges Milk | Beef Spaghetti, Roasted Broccoli, Cantaloupe Milk | Chicken noodle soup WW toast Fresh Grapes Milk | Beef Chilli WG crackers Canned pineapple milk |
| Snack | Cream Cheese Crackers, Grape Juice | PB and jelly Sandwiches Milk | English muffin pizzas Apple juice | Mozzarella cheese sticks WW Crackers Fresh oranges Milk | Goldfish crackers Apple sauce Water |

January 17-21

| | <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> |
|-----------|-------------------------|---|--|--|--|
| Breakfast | | WG Bagels with Cream Cheese, Orange juice milk | Oatmeal with cinnamon, Fresh Orange Slices, milk | Frozen Waffles Fresh Apple Slices Milk | Scrambled Eggs WW Toast Orange Juice Milk |
| Lunch | <u>NO SCHOOL</u> | Baked chicken Mashed potatoes Fresh pears Milk | Tuna Sandwiches French Fries Grapes, Milk | Chicken pilaf fresh salad Banana and Milk | Potatoes and cheddar soup roasted broccoli Apple slices, Milk |
| Snack | | Cheese Sticks/WG crackers Apple Juice | Cream Cheese Crackers, Cucumber slices Apple Juice | WW PB And J Sandwiches Water | Apple slices/ peanut butter Water |

January 24-28

| | <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> |
|-----------|---|---|--|---|---|
| Breakfast | Rice krispies Canned Pineapple Milk | WG Bagels with Cream Cheese, Orange juice milk | Croissants with Strawberry Jam, Fresh Orange Slices, milk | Oatmeal cereal apple slices milk | Waffles Fresh orange slices |
| Lunch | Mixed lentil soup ww toast Canned Peaches Milk | Mac And cheese Apple Slices Steamed carrots Milk | Baked Fish/Rice Fresh Salad Canned pineapple Milk | Pasta with chicken Steamed mix Vegetables, Grapes Milk | Homemade pizza, Fresh apple slices Steamed carrots Milk |
| Snack | Veggie chips Hummus Grape juice | Cheese Sticks/WG crackers Apple Juice | Cucumber slices Tzatziki Sauce Pita chips | PBand J sandwiches Water | animal crackers Fruit cup Milk |

January 31

| | <u>MONDAY</u> |
|-----------|---|
| Breakfast | WG honey bunches of oats Fresh apple sliced Milk |
| Lunch | Chicken curry, White Rice, Mixed Fresh Salad,Canned Peaches Milk |
| Snack | Veggie chips Hummus Grape juice |