

## ECC MENU for January 2021

January 4 -8

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	MG Cheerios Apple Slices Milk	Scrambled eggs Fresh Apple Slices Milk	WG Waffles Fresh Orange Slices Milk	WG Bagels/Cream Cheese Bananas	WG Honey Bunches of oats Cereal Grapes Milk
Lunch	Chicken pilaf Fresh Salad Fresh Apple Slices Milk	Chicken Noodle Soup WW Toast Canned Pineapple Milk	Beef Spaghetti, Steamed broccoli Apple slices Milk	Baked fish/Basmati Rice Salad Milk	Chicken Quesadillas Canned Peaches Milk
Snack	Vanilla yogurt w/ Crackers	PB and Jelly sandwiches Water	Animal Crackers Fruit Cups	Cheese Sticks WW Crackers Apple juice	Cream Cheese And Chives Crackers Apple Sauce

January 11-15

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	WG Cheerios Apple slices milk	Croissants with jelly Fresh Apple Slices Milk	Frozen Pancakes, Bananas, milk	Scrambled eggs, fresh oranges milk	Multi-Grain Cheerios, fresh grapes, milk
Lunch	Beef pilaf Fresh Salad Fresh Orange Slices Milk	Tandoori Baked Chicken Mashed Potatoes Canned Peaches Milk	Lentil soup Ww toast Fresh pineapple Milk	Beef Spaghetti Fresh Steamed Green Beans Fresh Grapes Milk	Beef tacos fresh salad Canned pineapple milk
Snack	PB and jelly Sandwiches Milk	MG Crackers Applesauce Milk	Fresh Apple Slices w/ Peanut butter	Animal Crackers Fruit Cups	Cheese Sticks, WW cracker water

January 18-22

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Honey Bunches of oats cereal Canned Pineapple Milk	WG Bagels with Cream Cheese, Orange juice milk	Oatmeal with cinnamon, Fresh Orange Slices, milk	Frozen Waffles Fresh Apple Slices Milk	Rice krispies Peach Slices Milk
Lunch	Pasta with chicken Fresh broccoli Canned Peaches Milk	Chicken pilaf fresh salad Bananas Apple Slices	Beef quesadillas Fresh grapes Canned peaches Milk	Potato cheddar soup WW Toast, Fresh Grapes, Canned corn, Milk	Beef Spaghetti Fresh Corn Apples Milk
Snack	Graham Crackers Apple Juice	Cheese Sticks/WG crackers Apple Juice	Cream Cheese Crackers, Cucumber slices Apple Juice	WW PB And J Sandwiches Water	Animal Crackers Apple Juice

January 25-29

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Honey Bunches of oats cereal Canned Pineapple Milk	WG Bagels with Cream Cheese, Orange juice milk	Croissants with Strawberry Jam, Fresh Orange Slices, milk	WG pancakes apple Slices milk	MG Cheerios Fresh mandarins Milk
Lunch	Mac and Cheese Fresh broccoli Canned Peaches Milk	Chicken noodle soup WG Crackers Apple Slices Salad Milk	Baked Fish/Rice Fresh Salad Canned pineapple Milk	Pasta with Ground beef and veggies, Fresh Grapes Milk	Homemade Pizza, Fresh Apple slices Canned Corn Milk
Snack	Graham Crackers Apple Juice	Cheese Sticks/WG crackers Apple Juice	Cream Cheese Crackers, Cucumber slices Apple Juice	WW PB and jelly Sandwiches	Apple Slices with peanut butter Water