

ECC MENU for February 2019

February 4-8

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	WG Cheerios Cereal Apple Slices Milk	Fresh Croissants/ Strawberry Jam Bananas Milk	Scrambled Eggs WW Toast Fresh Orange Slices Milk	Yogurt Parfait Fresh Mixed Berries Milk	Hot Cinnamon Oatmeal, Fresh Orange Slices Milk
Lunch	Falafel Sandwiches, Fresh Apple Slices Fresh Steamed Potatoes Milk	Beef Quesadillas Fresh Salad Canned Peaches Milk	Rice/ Chicken Fresh Salad bananas Milk	Beef Pasta, Canned Corn, Fresh Pears, Milk	Lentil Soup/Rice Fresh Salad Honey Dew Slices, Milk
Snack	PB And J Sandwiches, Water	Vanilla Wafers, Chocolate Pudding, Water	Cheese Quesadillas, Apple Juice	Goldfish crackers, Bananas, Water	Cream Cheese Sandwich, Raisins Water

February 11-15

	<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	Bagels/ Cream Cheese fresh oranges,milk
Lunch	Beef Spaghetti, Fresh Apple Slices, Frozen Mix Veggies Canned Pineapple, Milk	Baked Chicken, Mashed Potatoes, Fresh Orange Slices, WW Toast, Milk	Chicken Quesadillas Canned Pineapple Salad Milk	Roasted Tilapia Fillets, Green Pea rice , Coleslaw canned fruit cocktail, milk	Chicken Mac and Cheese Fresh Orange Slices, Fresh Steamed Broccoli milk
Snack	Greek yogurt and mixed fruit smoothie Crackers	Graham crackers, Canned pineapple chunks, water	Vanilla Wafers/ Chocolate pudding, Orange juice	WG English Muffin Pizza, apple juice	Cheese Sticks Fresh Apple Slices water

February 18-22

	<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 milk	Croissants/Straw berry Jam, Fresh Orange Slices, milk	Frozen Pancakes Pancakes, Fresh Grapes, milk	Whole grain cereal (Cheerios), fresh oranges, milk
Lunch	Lentil Soup, Dinner Rolls, Fresh Pears Fresh Roasted Broccoli Milk	Chicken Pilaf Fresh Salad Canned Pineapple Milk	Pasta with beef Roasted Mix Veggies Bananas Milk	Beef quesadillas, Fresh Grapes, Fresh Green, Beans milk	Homemade pizza, Fresh Apple Slices, Fresh Baked Potato Slices Milk
Snack	WW Egg Sandwiches grape juice	Cheese Quesadillas Apple Juice	WG English Muffin Pizzas Water	WW PB And J Sandwiches Water	Graham Crackers /Vanilla yogurt, water

February 25-28

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Hot oatmeal Cereal Fresh Apple Slices Milk	Frozen French Toast Sticks bananas Milk	Croissants with strawberry jam, fresh oranges, milk	Boiled Eggs Fresh Apple Slices Milk	Frozen Waffles fresh apples, Milk
Lunch	Pasta /chicken, Canned pineapple, Fresh Green Bean, milk	Beef Spaghetti Fresh Mixed Vegetables Fresh Orange Slices Milk	Tuna Sandwiches French Fries Fresh Pears milk	Chicken Quesadillas Romaine Salad Fresh Grapes Milk	Beef Tacos Lettuce And Tomatoes Canned Peaches Milk
Snack	Greek Yogurt Smoothies Crackers	Graham Crackers Fresh Grapes, Milk	WW Egg Sandwiches, apple juice	Animal Crackers Apple Juice	WW Peanut butter and jelly sandwiches, water