

ECC MENU for June 2019

June 3-7

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast			Frozen Pancakes Fresh Orange Slices Milk	WG Granola Parfait Fresh Berries Milk	Cinnamon Sticks , Fresh Orange Slices Milk
Lunch			Beef Spaghetti Fresh Salad bananas Milk	Chicken Alfredo, Fresh Roasted Broccoli Watermelon, Milk	Beef quesadillas Canned Pineapple Chunks Salad Milk
Snack			Cheese Quesadillas, Apple Juice	Goldfish crackers, Fresh Grapes, Water	Cheese Crackers Apple Juice

June 10-14

	<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	Fresh Croissants/ Fresh oranges, milk	Frozen Waffles Bananas, milk	Yogurt parfait with granola and berries, milk	fresh oranges,milk
Lunch	WG Mac And Cheese Grapes Fresh Steamed Green Beans Milk	Beef Quesadillas Fresh Roasted Broccoli Bananas Milk	Beef Pilaf Canned Pineapple Salad Milk	Roasted Tilapia Fillets, Green Pea rice Fresh Apple Slices milk	Chicken Pasta Fresh Orange Slices, Canned Corn milk
Snack	Greek yogurt and mixed fruit smoothie Crackers	Graham crackers, Canned pineapple chunks	Cream Cheese And Chives Crackers Milk	Animal Crackers Apple juice	Cheese Sticks WW Crackers water

June 17-21

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Honey Bunches of Oats Cereal fresh Apple Slices, milk	WG Bagels with Cream Cheese, Orange juice milk	Croissants/Strawberry Jam, Fresh Orange Slices, milk	Frozen Pancakes Pancakes,Fresh Grapes, milk	Whole grain cereal (Cheerios), fresh oranges, milk
Lunch	Tuna Sandwiches Fresh Pears Fresh Roasted Broccoli Milk	Chicken Pilaf Fresh Salad Canned Pineapple Milk	Chicken Quesadillas Roasted Mix Veggies Bananas Milk	Beef Spaghetti Fresh Grapes, Salad milk	Lentil Soup Dinner Roll Canned Peaches Milk
Snack	Animal Crackers grape juice	Cheese Quesadillas Apple Juice	Cream Cheese Crackers Apple Juice	WW PB And J Sandwiches Water	Graham Crackers /Vanilla yogurt, water

June 24-28

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Corn Flakes Fresh Apple Slices Milk	Frozen French Toast Sticks bananas Milk	Croissants with strawberry jam, fresh oranges, milk	Frozen Waffles Fresh Apple Slices Milk	WG Cheerios fresh apples, Milk
Lunch	Pasta /chicken, Canned pineapple, Fresh Green Bean, milk	Beef Spaghetti Fresh Mixed Vegetables Fresh Orange Slices Milk	Beef Tacos Salad And Tomatoes Fresh Pears milk	Chicken And Rice Romaine Salad Fresh Grapes Milk	Homemade pizza, Fresh Apple Slices, Canned Potatoes Slices Milk
Snack	Greek Yogurt Smoothies Crackers	Graham Crackers Canned Mango Slices	Cheese Sticks Applesauce apple juice	Animal Crackers Apple Juice	WW Peanut butter and jelly sandwiches, water