

ECC MENU for March 2019

March 4-8

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	WG Cheerios Cereal Apple Slices Milk	WG Bagels/Cream Cheese Bananas Milk	Frozen Pancakes Fresh Orange Slices Milk	WG Granola Parfait Fresh Mixed Berries Milk	Hot Cinnamon Oatmeal, Fresh Orange Slices Milk
Lunch	Lentil Soup WW Toast Fresh Grapes Fresh Green Beans Milk	WW Chicken Wraps fresh Roasted Broccoli Canned Peaches Milk	Beef Pilaf Fresh Salad bananas Milk	Chicken Alfredo, Canned Corn, Fresh Pears, Milk	Potato And Chickpea Curry Steamed Rice Salad Milk
Snack	Chex Mix Cantaloupe Slices Water	Vanilla Wafers, Apple Sauce Water	Cheese Quesadillas, Apple Juice	Goldfish crackers, Fresh Grapes, Water	Cream Cheese Sandwich, Raisins Water

March 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	Frozen Pancakes Bananas, milk	Yogurt parfait with granola and berries, milk	Bagels/ Cream Cheese fresh oranges,milk
Lunch	Beef Spaghetti, Fresh Apple Slices, Canned Corn Milk	Beef Stew WW Toast 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	Banana Bread Milk	WG English Muffin Pizza, apple juice	Cheese Sticks WW Crackers water

March 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	Tuna Sandwiches Fresh Pears Fresh Roasted Broccoli Milk	Chicken Pilaf Fresh Salad Canned Pineapple Milk	Chicken Curry Flat Bread Roasted Mix Veggies Bananas Milk	Falafel Sandwiches 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

March 25-29

	<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	Scrambled 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	Baked Chicken Mashed Potatoes Fresh Pears milk	Chicken Quesadillas Romaine Salad Fresh Grapes Milk	Beef Chilli Dinner Roll 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