

ECC MENU for March 2020

March 2-6

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	M Grain Cheerios Fresh Orange Slices Milk	Scrambled eggs Fresh Apple Slices Milk	Fresh Croissants Fresh Orange Slices Milk	WG Bagels/Cream Cheese Bananas	WG Honey Bunches of oats Cereal Grapes Milk
Lunch	Chicken Alfredo Fresh Broccoli Canned Pineapple Chunks Milk	Lentil Soup And Rice Salad Bananas Milk	spaghetti with meat ball Fresh pears canned corn Milk	Fish Sandwiches French fries Fresh Grapes Milk	Beef Tacos Fresh Apple Slices Romaine Salad Milk
Snack	Graham Crackers Fresh grapes	Vanilla yogurt w/ strawberry	PB and J sandwiches	Cheese Sticks WW Crackers Apple juice	Cream Cheese And Chives Crackers Apple Sauce

March 9-13

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Rice Krispies Cereal Fresh Orange Slices Milk	WG Cinnamon Oatmeal, Fresh Apple Slices Milk	Frozen Pancakes, Bananas, milk	Scrambled eggs, fresh oranges milk	Multi-Grain Cheerios, fresh grapes, milk
Lunch	Mac and Cheese Fresh broccoli Bananas Milk	Tandoori Baked Chicken Mashed Potato Canned Peaches WW toast Milk	Beef Quesadillas Canned Corn Fresh Grapes Milk	Beef Spaghetti green beans Fresh Apple Slices Milk	tuna sandwiches Canned Pineapple Fresh Roasted Green beans milk
Snack	Cheez It Crackers Fresh Cut Fruit	MG Crackers Applesauce Milk	Fresh Apple Slices w/ Peanut butter	Animal Crackers Fruit Cups	Cheese Sticks, WW cracker water

March 16-20

	<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/Strawberry Jam, Fresh Orange Slices, milk	Frozen Waffles, Fresh Grapes, milk	Whole-grain cereal (Cheerios), fresh oranges, milk
Lunch	WG Chicken Wraps Baked Potato Wedges Canned Peaches Milk	Beef Burgers /Mashed Potatoes Apple Slices Salad Milk	Chicken fried rice Fresh Salad Canned pineapple Milk	Chicken Quesadillas Fresh Grapes, Salad milk	Falafel Sandwiches French Fries Canned Peaches 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	Graham Crackers /Vanilla yogurt, water

March 23-27

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Corn Flakes Fresh Apple Slices Milk	Fresh Croissants Fresh orange Slices Milk	yogurt Parfait Milk	Frozen Waffles Fresh Apple Slices Milk	Rice Krispies Cereal Fresh Grapes Milk
Lunch	Beef Spaghetti Canned pineapple, Fresh Green Bean, milk	Chicken Quesadillas Salad And Tomatoes Bananas milk	Lentil Soup/white Rice Salad Fresh Apple Slices Milk	Hot dogs/french fries Fresh Grapes Milk	Homemade Pizza Canned Corn Fresh Pears Milk
Snack	PB and J sandwiches Water	Boiled eggs, orange juice	Banana Bread Milk	Cheese Cubes WG Crackers Apple Juice	Animal Crackers Apple Juice

March 30-31

	<u>MONDAY</u>	<u>TUESDAY</u>
Breakfast	Corn Flakes Fresh Apple Slices Milk	Fresh Croissants Fresh orange Slices Milk
Lunch	Beef Spaghetti Canned pineapple, Fresh Green Bean, milk	Chicken Quesadillas Salad And Tomatoes Bananas milk
Snack	Dried Blueberries WW Crackers Water	Boiled eggs, orange juice