

ECC MENU for May 2019

May 1-3

	<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

May 6-10

	<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 Pancakes Bananas, milk	Yogurt parfait with granola and berries, milk	Bagels/ Cream Cheese fresh oranges,milk
Lunch	Chicken Wraps Fresh Apple Slices, Canned Corn Milk	Beef Stew WW Toast Watermelon Milk	Beef Pilaf Canned Pineapple Salad Milk	Roasted Tilapia Fillets, Green Pea rice Fresh Apple Slices milk	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

May 13-17

	<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 Quesadillas Roasted Mix Veggies Bananas Milk	Falafel Sandwiches Fresh Grapes, Salad milk	Lentil Soup Dinner Roll Canned Peaches Milk
Snack	Animal Crackers grape juice	Cheese Quesadillas Apple Juice	WG English Muffin Pizzas Water	WW PB And J Sandwiches Water	Graham Crackers /Vanilla yogurt, water

May 24-28

	<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	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 Quesadillas 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

May 27-31

	<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	WG Honey Bunches of Oats Cereal Fresh Orange Slices Milk
Lunch	Lentil Soup/Rice Fresh Grapes Salad Milk	WW Chicken Wraps fresh Roasted Broccoli Canned Peaches Milk	Beef Pilaf Fresh Salad bananas Milk	Chicken Alfredo, Canned Corn, Fresh Pears, Milk	Roasted Tilapia Filletts Steamed Rice Salad Milk
Snack	Chex Mix Cantaloupe Slices Water	WW Crackers Apple Sauce Water	Cheese Quesadillas, Apple Juice	Goldfish crackers, Fresh Grapes, Water	Animal Crackers Apple Juice