

ECC MENU for October 2020

October 5-9

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	MG Cheerios Apple Slices Milk	Scrambled eggs Fresh Apple Slices Milk	WG Cinnamon Oatmeal Fresh Orange Slices Milk	WG Bagels/Cream Cheese Bananas	WG Honey Bunches of oats Cereal Grapes Milk
Lunch	Chicken Alfredo Canned Corn Apple Slices Milk	Beef Chilli WG Crackers Canned Pineapple Steamed Broccoli Milk	Lentil Soup and Rice Salad Fresh pears and Milk	Fish Sandwiches French fries Fresh Grapes Milk	Beef Tacos Fresh chopped, Lettuce and Tomatoes Canned Peaches Milk
Snack	WG Tortillas chips/Guacam ole Cucumber Slices	Vanilla yogurt w/ strawberry	PB and J sandwiches	Cheese Sticks WW Crackers Apple juice	Cream Cheese And Chives Crackers Apple Sauce

October 12-16

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	WG Cheerios Apple slices milk	Croissants with jelly Fresh Apple Slices Milk	Frozen Pancakes, Bananas, milk	Scrambled eggs, fresh oranges milk	Multi-Grain Cheerios, fresh grapes, milk
Lunch	Falafel Sandwiches Fresh Salad Fresh Orange Slices Milk	Tandoori Baked Chicken Mashed Potatoes Canned Peaches WW toast Milk	Chinese Noodles with vegetables Fresh Apple Slices Milk	Baked Fish Toast French Fries Fresh Grapes Milk	Beef Rice Canned Pineapple Fresh Roasted Green beans milk
Snack	PB and jelly Sandwiches Milk	MG Crackers Applesauce Milk	Fresh Apple Slices w/ Peanut butter	Animal Crackers Fruit Cups	Cheese Sticks, WW cracker water

October 19-23

	<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	Oatmeal with cinnamon, Fresh Orange Slices, milk	Frozen Pancakes Fresh Apple Slices Milk	Rice Krispies Peach Slices Milk
Lunch	Pasta with chicken Fresh broccoli Canned Peaches Milk	Chinese Fried Rice Apple Slices Salad Milk	Baked Chicken/Mashed potatoes Watermelon Milk	Potato cheddar soup WW Toast, Fresh Grapes, Canned corn, Milk	Beef Spaghetti Watermelon Apples 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	Animal Crackers Apple Juice

October 26-30

	<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	Multi-grain Cheerios Fresh Apple Slices Milk
Lunch	Mac and Cheese Fresh broccoli Canned Peaches Milk	Chicken noodle soup WG Crackers Apple Slices Salad Milk	Beef Pilaf Fresh Salad Canned pineapple Milk	Tuna Sandwiches Fresh Grapes, Salad milk	Homemade pizza Canned corn Fresh apple slices 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	Cheez-it crackers Fresh grapes