

ECC MENU for September 2019

Sep 3-6

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast		Frozen waffles Fresh Apple Slices Milk	Scramble Eggs Fresh Orange Slices Milk	WG Bagels/Cream Cheese Bananas	WG Honey Bunches of oats Cereal Grapes Milk
Lunch	LABOR DAY	Beef Pilaf Romaine Salad Fresh Grapes Milk	Tandoori Baked Chicken Mashed Potatoes Watermelon WG Dinner Rolls Milk	Beef quesadillas Canned Pineapple Chunks Fresh Steamed Green Beans Milk	Falafel Sandwiches Fresh Apple Slices Chopped Romaine And Tomatoes Milk
Snack		WW PB And J Sandwiches Apple Juice	Cheez It Crackers Orange Juice	Greek yogurt And Fruit Smoothie WW Crackers	Cream Cheese And Chives Crackers Grapes Juice

Sep 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	Cinnamon Oatmeal, Fresh Apple Slices Milk	Frozen Pancakes, Bananas, milk	Yogurt parfait with granola and berries, milk	Multi Grain Cheerios, fresh oranges, milk
Lunch	WG Mac and Cheese Fresh Broccoli Bananas Milk	WG Tuna Sandwiches French Fries Canned Peaches Milk	Beef Stew Pilaf Water melon Salad Milk	WG Chicken Wraps Baked Potato wedges Fresh Grapes Milk	Beef Spaghetti Canned Peaches Fresh Salad milk
Snack	Graham Crackers, Pineapple Chunks, water	WW Egg Sandwiches , Milk	WG Cheese Quesadillas Apple Juice	Animal Crackers, Bananas, Apple juice	Cheese Sticks, Raisins, WW cracker water

Sep 16-20

	<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 Waffles, Fresh Grapes, milk	Whole grain cereal (Cheerios), fresh oranges, milk
Lunch	WG Chicken Wraps Fresh Pears Fresh Roasted Broccoli Milk	Beef Stew WG Rolls Canned Green Beans Bananas Milk	Chicken Pilaf Fresh Salad Canned Pineapple Milk	Beef Spaghetti Fresh Grapes, Salad milk	Lentil Soup, White Rice, Canned Peaches Milk
Snack	Animal Crackers, baby carrots grape juice	Cheese Quesadillas Apple Juice	Cream Cheese Crackers, Cucumber slices Apple Juice	WW PB And J Sandwiches Water	Graham Crackers /Vanilla yogurt, water

Sep 23-27

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Corn Flakes Fresh Apple Slices Milk	WG Bagels/Cream Cheese bananas Milk	Croissants with strawberry jam, fresh oranges, milk	Frozen Pancakes, Grapes, Milk	WG Cheerios fresh strawberries, Milk
Lunch	Pasta /chicken, Canned pineapple, Fresh Green Bean, milk	Beef Tacos Salad And Tomatoes Fresh Pears milk	Chicken Pilaf Fresh Mixed Vegetables Fresh Orange Slices Milk	Tilapia Fish Sandwiches French Fries Fresh Apple Slices milk	Homemade Pizza Fresh Apple Slices Salad Milk
Snack	Greek yogurt and mixed fruit smoothie, WW Crackers	Graham Crackers, Raisins, Grape Juice	Applesauce, Cheese cubes, Water	Animal Crackers, Mixed Fruit Cups, Water	Cherry tomatoes WW Crackers, Orange Juice