

ECC MENU for November 2021

November 1-5

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	WG Kixs cereal Fresh apple slices Milk	WG bagels Fresh orange slices Milk	Pancakes Fresh Orange Slices Milk	Fresh Croissants/ Strawberry Jam Bananas, Milk	Cinnamon toast sticks Grapes Milk
Lunch	Chicken Pilaf Fresh salad Cantaloupe Milk	Chicken alfredo Oven roasted broccoli Grapes Milk	Baked chicken Mashed potatoes Watermelon WW toast Milk	Lentil soup White rice, Fresh Grapes Milk	Beef tacos Canned Peaches Lettuce and tomato salad Milk
Snack	Animal Crackers, Apple Juice	Dannon yogurt Granola Water	Fresh Fruit smoothies WG Crackers	Cheese Sticks WW Crackers Apple juice	Cream Cheese Crackers, Cucumber slices Grape Juice

November 8-12

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	WG honey bunches of oats Fresh apple sliced Milk	Croissants with jelly Fresh Apple Slices Milk	Frozen waffles, Bananas orange juice	Scrambled eggs, fresh oranges milk	French toast sticks fresh grapes, milk
Lunch	Baked fish and rice, Salad mandarin oranges Milk	Chicken Shawarma sandwiches Watermelon Milk	Beef Spaghetti, Roasted Broccoli, Cantaloupe Milk	Lentil soup WW toast Fresh Grapes Milk	Chicken pasta Cucumber Tomato salad Canned pineapple milk
Snack	Cream Cheese Crackers, Grape Juice	PB and jelly Sandwiches Milk	English muffin pizzas Apple juice	Mozzarella cheese sticks WW Crackers Fresh oranges Milk	Goldfish crackers Apple sauce Water

November 15-19

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	WG Rice krispies Cereal Canned Pineapple Milk	WG Bagels with Cream Cheese, Orange juice milk	Oatmeal with cinnamon, Fresh Orange Slices, milk	Frozen Waffles Fresh Apple Slices Milk	Scrambled Eggs WW Toast Orange Juice Milk
Lunch	Chicken Alfredo Fresh broccoli Canned Peaches Milk	WG Chicken Wraps Watermelon Corn on the cob Milk	Tuna Sandwiches French Fries Grapes, Milk	Chicken pilaf fresh salad Banana and Milk	Homemade pizza, Roasted broccoli 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	Apple slices/ peanut butter Water

November 22-26

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Rice krispies Canned Pineapple Milk	WG Bagels with Cream Cheese, Orange juice milk	Croissants with Strawberry Jam, Fresh Orange Slices, milk		
Lunch	Mixed lentil soup ww toast Canned Peaches Milk	Beef tacos Fresh tomato and cucumber salad Apple Slices Milk	Baked Fish/Rice Fresh Salad Canned pineapple Milk	<u>NO SCHOOL</u>	<u>NO SCHOOL</u>
Snack	Veggie chips Hummus Grape juice	Cheese Sticks/WG crackers Apple Juice	Cucumber slices Tzatziki Sauce Pita chips		

November 29-30

	<u>MONDAY</u>	<u>TUESDAY</u>
Breakfast	WG kixs cereal Fresh apple slices Milk	WG bagels Fresh orange slices Milk
Lunch	Chicken Pilaf Fresh salad Cantaloupe Milk	Baked chicken Mashed potatoes Watermelon WW toast Milk
Snack	Animal Crackers, Apple Juice	Cream Cheese Crackers, Cucumber slices Grape Juice