

ECC MENU for October 2021

October 4-8

	<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	Fresh Croissants/ Strawberry Jam Fresh Orange Slices Milk	WG Bagels Bananas, Milk	Cinnamon toast sticks Grapes Milk
Lunch	Chicken Pilaf Fresh salad Cantaloupe Milk	Baked chicken Mashed potatoes Watermelon WW toast Milk	Chicken alfredo Oven roasted broccoli Grapes Milk	Beef spaghetti Steamed green beans Fresh apple slices Milk	Beef tacos Canned Peaches Lettuce and tomato salad Milk
Snack	Animal Crackers, Apple Juice	Cream Cheese Crackers, Cucumber slices Grape Juice	Fresh Fruit smoothies WG Crackers	Cheese Sticks WW Crackers Apple juice	Dannon yogurt Granola Water

October 11-15

	<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	English muffins topped with butter and honey 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 We 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

October 18-22

	<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	Beef spaghetti Roasted broccoli 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	Apple slices/ peanut butter Water

October 25-29

	<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	WG pancakes apple Slices milk	cinnamon oatmeal Fresh mandarins 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	Pasta with Ground beef and veggies, Fresh Grapes Milk	Homemade Pizza Roasted Broccoli pineapple Milk
Snack	Veggie chips Hummus Grape juice	Cheese Sticks/WG crackers Apple Juice	Cucumber slices Tzatziki Sauce Pita chips	WW PB and jelly roll ups Water	Apple Slices with peanut butter Water