

ECC MENU for September 2022

September 6-9

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast		Fresh crossiants Fresh orange slices Milk	Whole grain Pancakes/Syrup fresh oranges, milk	Scrambled eggs WW toast Bananas milk	Bagels with cream cheese milk
Lunch	<u>NO SCHOOL</u>	Chicken Pilaf Salad grapes Milk	Beef spaghetti Steamed broccoli Canned pineapple milk	Turkish Chicken Soup WG Bread Salad Fresh pears milk	Mac and cheese Canned corn peaches milk
Snack		Pita chips/Hummus apple juice	Cheese sticks crackers orange juice	Veg Spring Rolls apple juice	Animal Crackers, apple juice

September 12-16

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	WG cereal Fresh apple slices milk	Scrambled Eggs Whole wheat toast Fresh oranges milk	Hot cinnamon Oatmeal Bananas, milk	Yogurt parfait with granola and berries, milk	Croissants with strawberry jam, fresh oranges, milk
Lunch	Chicken Wraps with Fresh Lettuce and Tomatoes Grapes milk	Beef Chili with Crackers Fresh Apple Slices milk	Chicken Alfredo Roasted French Beans Bananas Milk	Baked chicken Mashed potatoes canned fruit cocktail milk	Turkish Potato Curry Whole grain Pita Bread Fresh Orange Slices,Canned corn, milk
Snack	Hummus /pita bread grape juice	Graham crackers Canned pineapple chunks, water	Animal crackers fruit cups water	ww PB and Jelly sandwiches, apple juice	Cheese Sticks Whole Wheat Crackers water

September 19-23

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	WG Cheerios Fresh orange Slices Milk	Bagels with Cream Cheese, Bananas milk	Croissants/ Strawberry Jam Fresh Orange Slices, milk	Frozen Pancakes Fresh Grapes, milk	Scrambled Eggs Whole wheat toast Fresh oranges milk
Lunch	Chicken/Rice Chopped salad Canned pineapple Milk	Taco Tuesday chopped tomato and lettuce Fresh Apple Milk	Beef spaghetti salad Canned peaches milk	Chicken quesadilla/ Fresh Grapes milk	Chicken noodle soup Fresh Pears Fresh Broccoli milk
Snack	WW Bread Egg Sandwiches grape juice	WW Mini Bagel Pizza, fresh pineapples, water	PB And J Sandwiches, orange juice	Animal crackers, , apple juice	Graham Crackers With yogurt, water

September 26-30

	<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	Bagels with cream cheese, bananas, milk	Croissants with strawberry jam, fresh oranges, milk	Yogurt parfait /Granola And Berries milk	Frozen Waffles Fresh Apple Slices Milk
Lunch	Chicken pilaf Salad Fresh apple slices milk	Taco Tuesday Chopped salad Bananas, milk	Mac and cheese Canned corn Fresh Pears milk	Beef burgers French fries fresh pears milk	Homemade pizza Salad Fresh oranges, milk
Snack	Peanut butter and jelly sandwiches, water	Whole grain Chex Mix, mini carrots, grape juice	Pretzels, cheese sticks, apple juice	Egg Sandwiches Apple Juice	Animal Crackers Grape Juice