

ECC MENU for August 2022

August 1-5

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Multi G cheerios Pineapple chunks milk	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	Rice/ with chicken Cucumber sticks Bananas milk	Homemade chicken nuggets fries ww bread Watermelon milk	Beef spaghetti steamed broccoli Canned pineapple milk	Fish/sweetpea rice Salad Fresh pears milk	Mac and cheese Canned corn peaches milk
Snack	PB and j on ww toast Apple juice	pita chips/Hummus apple juice	Cheese sticks crackers orange juice	Veggies spring roll apple juice	Animal Crackers, apple juice

August 8-12

	<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 Pilaf salad fresh grapes milk	Taco Tuesday Fresh salad Fresh Apple Slices milk	Beef Spaghetti Canned Pineapple Naan Bread milk	Baked fish/pita bread Steamed green beans canned fruit cocktail milk	Mac and cheese special 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

August 15-19

	<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	Tandoori chicken/mashed potatoes Fresh Grapes milk	Chicken quesadillas, 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

August 22-26

	<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

August 29- Sep 2

	<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 Chop salad Bananas, milk	Mac and cheese Canned corn Fresh Pears milk	Chicken Quesdillas, Fresh salad fresh pears milk	Chicken Curry Naan bread 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