

ECC MENU for May 2022

May 2-6

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	W Grain Cheerios Fresh orange Slices Milk	Frozen Waffles Fresh Apple Slices Milk	Whole grain Pancakes/Syrup fresh oranges, milk	Scrambled eggs WW toast Bananas milk	Bagels with cream cheese milk
Lunch	Mac And Cheese Fresh Steamed Carrots Apple slices Milk	Rice/w Beef Fresh Salad Bananas Milk	Lentil soup WW toast Canned pineapple milk	Baked Chicken Mashed potatoes ww bread Fresh pears milk	Fish and rice Lettuce and tomato salad Canned peaches milk
	Yogurt smoothies Crackers water	WW PB And J Sandwiches Apple Juice	Cheese sticks crackers orange juice	Veggies spring roll apple juice	Animal Crackers, apple juice

May 9-13

	<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	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 And Rice Chopped Lettuce and tomatoes Fresh Pears milk	Tuna sandwiches French fries Fresh Apple Slices milk	Beef quesadillas Canned Pineapple Naan Bread milk	Roasted Tilapia Filets Basmati rice canned fruit cocktail milk	Beef Spaghetti Fresh Orange Slices,Canned corn, milk
Snack	Homemade WW Cheese toast Bananas Water	Graham crackers Canned pineapple chunks, water	Animal crackers fruit cups water	ww PB and Jelly sandwiches, apple juice	Cheese Sticks Whole Wheat Crackers water

May 16-20

	<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	Tuna sandwiches Fresh Apple french fries Milk	Baked chicken mashed potatoes Canned peaches milk	Chicken Quesadillas Fresh Grapes Fresh Green beans milk	Mac And Cheese Fresh Pears Fresh Broccoli Canned Potatoes, 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

May 23-27

	<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	Beef spaghetti Steamed green beans Fresh apple slices milk	Chicken biryani Chop salad Bananas, milk	Homemade pizza Canned corn Fresh Pears milk	Beef burgers French fries fresh pears milk	Fried Fish, French fries WW 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