

ECC MENU for June 2023

May 30- June2

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast		Fresh croissants Fresh orange Slices milk	Whole grain Pancakes/Syrup fresh oranges, milk	Scrambled eggs WW toast Bananas milk	Bagels with cream cheese milk
Lunch	NO SCHOOL	Mac and cheese roasted broccoli fresh pears milk	Chicken quesadillas Mashed Potatoes Ww toast Fresh grapes milk	Beef Burgers Baked french fries Fresh pears Milk	Beef spaghetti Canned corn peaches milk
Snack		Mini bagel pizzas orange juice	Cheese sticks crackers orange juice	Veg Spring Rolls apple juice	Animal Crackers, apple juice

June 5-9

	<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 Grapes milk	Taco Tuesday Watermelon fresh salad milk	Tuna sandwiches French fries roasted broccoli milk	Beef spaghetti Fresh Pears salad Milk	Homemade pizza 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

June 12-16

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Wg cheerios Fresh apple 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	Mac and cheese roasted broccoli bananas milk	Beef Pilaf Fresh Apple romaine salad Milk	Chicken Quesadillas Canned corn Fresh apple slices milk	Fish Fry French fries Ww toast Bananas, milk	Baked chicken mashed potatoes Canned Peaches Ww toast milk
Snack	veggies chips applesauce	WW Mini Bagel Pizza, fresh pineapples, water	PB And J Sandwiches, orange juice	Animal crackers, , apple juice	Graham Crackers With yogurt, water

June 19-23

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	WG Kix cereal Fresh orange slices Milk	Bagels with cream cheese, Bananas, Milk	Croissants with strawberry jam, fresh oranges, milk	Frozen Waffles Fresh apple slices Milk	Hot Cinnamon Oatmeal Bananas, Milk
Lunch	Chicken pilaf Fresh Salad Banana Milk	Chicken wraps Chopped salad Oranges, milk	Beef burgers french fries Canned corn watermelon milk	Beef spaghetti Ww bread Fresh Grapes milk	Homemade pizza Canned corn Fresh apple slices milk
Snack	WW Bread Egg Sandwiches grape juice	Whole grain Chex Mix, mini carrots, grape juice	Pretzels, cheese sticks, apple juice	Graham crackers Canned pineapple chunks, water	Peanut butter and jelly sandwiches, water

June 26-30

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	WG Kix cereal Fresh orange slices Milk	Bagels with cream cheese, Bananas, Milk	Croissants with strawberry jam, fresh oranges, milk	Frozen Waffles Fresh apple slices Milk	Hot Cinnamon Oatmeal Bananas, Milk
Lunch	Chicken pilaf Fresh Salad Banana Milk	Beef Quesadillas Chopped salad Oranges, milk	Chicken sandwiches Canned corn Fresh Pears milk	Beef spaghetti Ww bread Fresh Grapes milk	Mac and cheese Canned corn Fresh apple slices milk
Snack	WW Bread Egg Sandwiches grape juice	Whole grain Chex Mix, mini carrots, grape juice	Pretzels, cheese sticks, apple juice	Graham crackers Canned pineapple chunks, water	Peanut butter and jelly sandwiches, water