

ECC MENU for March 2023

March 1-3

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast			Whole grain Pancakes/Syrup fresh oranges, milk	Scrambled eggs WW toast Bananas milk	Bagels with cream cheese milk
Lunch			Baked chicken Mashed Potatoes Ww toast Canned pineapple milk	Chicken quesadillas Romaine salad Fresh pears Pilk	Beef spaghetti canned corn peaches milk
Snack			Cheese sticks crackers orange juice	Veg Spring Rolls apple juice	Animal Crackers, apple juice

March 6-10

	<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 Roasted Beans Bananas MilkLentil soup WG crackers Grapes roasted broccoli milk	Taco Tuesday Fresh Apple Slices fresh salad milk	Mac and Cheese Grapes roasted broccoli milk	Baked fish/ rice Fresh Pears salad Milk	Chicken Wraps 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

March 13-17

	<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	Tuna sandwiches French fries bananas milk	Beef Pilaf Fresh Apple romaine salad Milk	Chicken Curry Naan bread Fresh apple slices milk	Beef spaghetti Ww bread Fresh Grapes milk	Falafel sandwiches Canned Peaches Lettuce and cucumbers salad 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

March 20-24

	<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	Whole grain cereal (Honey bunches of oats), fresh apples, milk
Lunch	Chicken pilaf Fresh Salad Banana Milk	Beef Pasta Chopped salad Oranges, milk	Homemade pizza Canned corn Fresh Pears milk	Fish Fry French fries Ww toast Bananas, milk	Beef quesadilla 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

March 27-31

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Multi Grain Cheerios Fresh apple slices Milk	Fresh Croissants Fresh Orange slices Milk	Bagel with Cream Cheese Fresh grapes Milk	Waffle/ Syrup Orange slices Milk	Scrambled eggs WW Bread Milk
Lunch	Chicken Pilaf Salad Banana Milk	Pasta with Beef and Vegetables Canned Corn Canned Pineapple Milk	Beef Tacos Lettuce and Tomato Salad Banana Milk	Fish Fry WW Bread Canned Peaches Milk	Beef Spaghetti Fresh Pears Steamed Green Beans Milk
Snack	Bagel Pizza Apple juice	Animal Crackers Applesauce	Graham Crackers Fruit Cups	Pb and Jelly Sandwiches Apple juice	Animal Crackers Applesauce