

ECC MENU for May 2023

May 1-5

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	WG Honey Bunches of Oats Apple slices milk	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	Lentil Soup White Rice Canned pineapple milk	Mac and cheese roasted broccoli fresh pears milk	Baked chicken Mashed Potatoes Ww toast Fresh grapes milk	Beef Burgers Baked french fries Fresh pears Milk	Beef spaghetti Canned corn peaches milk
Snack	PBandJ sandwiches apple juice	Mini bagel pizzas orange juice	Cheese sticks crackers orange juice	Veg Spring Rolls apple juice	Animal Crackers, apple juice

May 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	Lentil soup Ww toast Grapes roasted broccoli milk	Taco Tuesday Fresh Apple Slices fresh salad milk	Tuna sandwiches French fries 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

May15-19

	<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	Chicken Noodle Soup 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

May 22-26

	<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	Tuna sandwiches Canned corn Fresh Pears 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