

ECC MENU for September 2023

September 5-8

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast		wg cheerios Bananas, Milk	Croissants with strawberry jam, fresh oranges, milk	Frozen Waffles Fresh apple slices Milk	pancakes Bananas, Milk
Lunch		Beef Quesadillas Chopped salad Oranges, milk	Chicken wraps Canned corn Watermelon milk	Beef spaghetti Ww bread Fresh Grapes milk	Tuna sandwiches French fries Fresh apple slices milk
Snack		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

September 11-15

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Wg cereal Cereal Fresh mandarin Milk	Fresh Croissants Fresh oranges milk	Whole grain Pancakes/Syrup fresh oranges, milk	Scrambled eggs WW toast Bananas milk	Bagels with cream cheese milk
Lunch	Chicken pilaf Salad Watermelon Milk	Pasta with chicken and mix veggies fresh apple slices milk	Baked chicken mashed potatoes Fresh grapes Ww toast milk	chicken quesadillas Watermelon Milk	Beef spaghetti Canned corn peaches milk
Snack	pb and j sandwich Water	Graham crackers Apple juice	Cheese sticks crackers orange juice	Veg Spring Rolls apple juice	Animal Crackers, apple juice

September 18-22

	<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	Chicken Wraps French fries Watermelon milk	Falafel sandwich Fresh Pears salad Milk	Chicken Alfredo Fresh apple slices 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

September 25-29

	<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	Homemade pizza Canned corn 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