

**ECLC AUGUST 2016 MENU w/ SNACK**

<b><u>MONDAY 1</u></b>	<b><u>TUESDAY 2</u></b>	<b><u>WEDNESDAY 3</u></b>	<b><u>THURSDAY 4</u></b>	<b><u>FRIDAY 5</u></b>
<p><b><u>BREAKFAST</u></b> Assorted Cereal w/ Toast Mandarin Oranges Choice of Milk</p> <p><b><u>LUNCH</u></b> Chicken Nuggets Real Mashed Potatoes Seasoned Green Beans Frozen Juice Bar Choice of Milk</p> <p><b><u>SNACK</u></b> Whole Grain Muffin Milk</p>	<p><b><u>BREAKFAST</u></b> Apple OJ Smoothie Assorted Cereal w/Toast Apple Sauce Choice of Milk</p> <p><b><u>LUNCH</u></b> Cheese Pizza Seasoned Corn Caesar Salad Mixed Fruit Choice of Milk</p> <p><b><u>SNACK</u></b> Whole Grain Strawberry Bar Water</p>	<p><b><u>BREAKFAST</u></b> Sausage Biscuit or Assorted Cereal w/ Toast Sliced Pears Choice of Milk</p> <p><b><u>LUNCH</u></b> Sliced Teriyaki Chicken Steamed Brown Rice Steamed Broccoli Strawberries &amp; Whipped Cream Choice of Milk</p> <p><b><u>SNACK</u></b> WG Choc. Chip Oatmeal Bar Water</p>	<p><b><u>BREAKFAST</u></b> French Toast or Assorted Cereal w/ Toast 100% Fruit Juice Choice of Milk</p> <p><b><u>LUNCH</u></b> Three Bean Enchiladas Salsa, Sour Cream &amp; Guacamole Seasoned Black Beans Pineapple Tidbits Choice of Milk</p> <p><b><u>SNACK</u></b> Fruit &amp; Yogurt Water</p>	<p><b><u>BREAKFAST</u></b> Eggs, Grits, &amp; Bacon Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p><b><u>LUNCH</u></b> Fish Sandwich on WG Bun Green Peas Sweet Potato Fries Diced Peaches Choice of Milk</p> <p><b><u>SNACK</u></b> Rice Chex Cereal Cheese Stick Water</p>
<b><u>MONDAY 8</u></b>	<b><u>TUESDAY 9</u></b>	<b><u>WEDNESDAY 10</u></b>	<b><u>THURSDAY 11</u></b>	<b><u>FRIDAY 12</u></b>
<p><b><u>BREAKFAST</u></b> Cinnamon Roll Assorted Cereal w/Toast Banana Slices Choice of Milk</p> <p><b><u>LUNCH</u></b> Sliced Chicken Filet on WG Bun French Fries Sautéed Edamame Sliced Peaches Choice of Milk</p> <p><b><u>SNACK</u></b> Whole Grain Blueberry Bar Milk</p>	<p><b><u>BREAKFAST</u></b> Berry Parfait or Assorted Cereal w/Toast Apple Sauce Choice of Milk</p> <p><b><u>LUNCH</u></b> Mac-n-Cheese Black Eyed Peas Sautéed Zucchini Squash Watermelon Choice of Milk</p> <p><b><u>SNACK</u></b> Hummus &amp; Pita Bread 100% Fruit Juice <b>LEAN &amp; GREEN DAY</b></p>	<p><b><u>BREAKFAST</u></b> Pancakes w/ Syrup or Assorted Cereal w/ Toast Mandarin Oranges Choice of Milk</p> <p><b><u>LUNCH</u></b> Baked Chicken Mashed Sweet Potato Steamed Broccoli Dinner Roll Fresh Berries Choice of Milk</p> <p><b><u>SNACK</u></b> Cheerios Sliced Peaches Milk</p>	<p><b><u>BREAKFAST</u></b> Chicken Biscuit or Assorted Cereal w/Toast Sliced Pears Choice of Milk</p> <p><b><u>LUNCH</u></b> Beef Soft Tacos Lettuce, Tomatoes &amp; Salsa Sour Cream &amp; Guacamole Creamy Refried Beans Steamed Rice Apple Crisp Choice of Milk</p> <p><b><u>SNACK</u></b> Vanilla Wafers &amp; Banana Water</p>	<p><b><u>BREAKFAST</u></b> Eggs &amp; Buttered Toast or Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p><b><u>LUNCH</u></b> Turkey &amp; Cheese Roll Ups Baked Beans Seasoned Green Beans Diced Peaches Choice of Milk</p> <p><b><u>SNACK</u></b> WG Choc. Chip Oatmeal Bar Water</p>

**ECLC AUGUST 2016 MENU w/ SNACK**

<b><u>MONDAY 15</u></b>	<b><u>TUESDAY 16</u></b>	<b><u>WEDNESDAY 17</u></b>	<b><u>THURSDAY 18</u></b>	<b><u>FRIDAY 19</u></b>
<p><b><u>BREAKFAST</u></b> WG Blueberry Muffin or Assorted Cereal w/ Toast Mandarin Oranges Choice of Milk</p> <p><b><u>LUNCH</u></b> Fish Nuggets Steamed Brown Rice Steamed Edamame Sliced Peaches Choice of Milk</p> <p><b><u>SNACK</u></b> Whole Grain Strawberry Bar Milk</p>	<p><b><u>BREAKFAST</u></b> Grape Ape Smoothie or Assorted Cereal w/ Toast Apple Sauce Choice of Milk</p> <p><b><u>BRUNCH FOR LUNCH</u></b> Scrambled Eggs Waffles w/Syrup Steamed Spinach Hashbrowns Watermelon Chunks Choice of Milk</p> <p><b><u>SNACK</u></b> Hummus &amp; Pita Bread 100% Fruit Juice <b>LEAN &amp; GREEN DAY</b></p>	<p><b><u>BREAKFAST</u></b> Bacon &amp; Tomato Biscuit Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p><b><u>LUNCH</u></b> Spaghetti w/Meat or Marinara Sauce Garlic Toast Seasoned Green Beans Blueberries Choice of Milk</p> <p><b><u>SNACK</u></b> Cheerios Sliced Peaches Water</p>	<p><b><u>BREAKFAST</u></b> Oatmeal w/ Brown Sugar or Assorted Cereal w/ Toast Sliced Pears Choice of Milk</p> <p><b><u>LUNCH</u></b> Cheese Quesadilla House Made Salsa, Sour Cream &amp; Guacamole Pinto Beans Strawberries Choice of Milk</p> <p><b><u>SNACK</u></b> Vanilla Wafers &amp; Banana Water</p>	<p><b><u>BREAKFAST</u></b> English Muffin Egg Sandwich or Assorted Cereal w/ Toast Mixed Fruit Choice of Milk</p> <p><b><u>LUNCH</u></b> Hamburger w/ Cheese Crispy Tater Tots Steamed Carrots Chilled Applesauce Choice of Milk</p> <p><b><u>SNACK</u></b> WG Choc. Chip Oatmeal Bar Milk</p>
<b><u>MONDAY 22</u></b>	<b><u>TUESDAY 23</u></b>	<b><u>WEDNESDAY 24</u></b>	<b><u>THURSDAY 25</u></b>	<b><u>FRIDAY 26</u></b>
<p><b><u>BREAKFAST</u></b> Assorted Cereal w/ Toast Mandarin Oranges Choice of Milk</p> <p><b><u>LUNCH</u></b> Chicken Nuggets Real Mashed Potatoes Seasoned Green Beans Frozen Juice Bar Choice of Milk</p> <p><b><u>SNACK</u></b> Whole Grain Muffin Milk</p>	<p><b><u>BREAKFAST</u></b> Apple OJ Smoothie Assorted Cereal w/Toast Apple Sauce Choice of Milk</p> <p><b><u>LUNCH</u></b> Cheese Pizza Seasoned Corn Caesar Salad Mixed Fruit Choice of Milk</p> <p><b><u>SNACK</u></b> Whole Grain Strawberry Bar Water</p>	<p><b><u>BREAKFAST</u></b> Sausage Biscuit or Assorted Cereal w/ Toast Sliced Pears Choice of Milk</p> <p><b><u>LUNCH</u></b> Sliced Teriyaki Chicken Steamed Brown Rice Steamed Broccoli Strawberries &amp; Whipped Cream Choice of Milk</p> <p><b><u>SNACK</u></b> WG Choc. Chip Oatmeal Bar Water</p>	<p><b><u>BREAKFAST</u></b> French Toast or Assorted Cereal w/ Toast 100% Fruit Juice Choice of Milk</p> <p><b><u>LUNCH</u></b> Beef Soft Taco Salsa, Sour Cream &amp; Guacamole Seasoned Black Beans Pineapple Tidbits Choice of Milk</p> <p><b><u>SNACK</u></b> Fruit &amp; Yogurt Water</p>	<p><b><u>BREAKFAST</u></b> Eggs, Grits, &amp; Bacon Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p><b><u>LUNCH</u></b> Fish Sandwich on WG Bun Green Peas Sweet Potato Fries Diced Peaches Choice of Milk</p> <p><b><u>SNACK</u></b> Rice Chex Cereal Cheese Stick Water</p>

**ECLC AUGUST 2016 MENU w/ SNACK**

<u><b>MONDAY 29</b></u>	<u><b>TUESDAY 30</b></u>	<u><b>WEDNESDAY 31</b></u>		
<p><u><b>BREAKFAST</b></u> Cinnamon Roll Assorted Cereal w/Toast Banana Slices Choice of Milk</p> <p><u><b>LUNCH</b></u> Sliced Chicken Filet on WG Bun French Fries Sautéed Edamame Sliced Peaches Choice of Milk</p> <p><u><b>SNACK</b></u> Whole Grain Blueberry Bar Milk</p>	<p><u><b>BREAKFAST</b></u> Berry Parfait or Assorted Cereal w/Toast Apple Sauce Choice of Milk</p> <p><u><b>LUNCH</b></u> Mac-n-Cheese Black Eyed Peas Sautéed Zucchini Squash Watermelon Choice of Milk</p> <p><u><b>SNACK</b></u> Hummus &amp; Pita Bread 100% Fruit Juice <b>LEAN &amp; GREEN DAY</b></p>	<p><u><b>BREAKFAST</b></u> Pancakes w/ Syrup or Assorted Cereal w/ Toast Mandarin Oranges Choice of Milk</p> <p><u><b>LUNCH</b></u> Baked Chicken Mashed Sweet Potato Steamed Broccoli Dinner Roll Fresh Berries Choice of Milk</p> <p><u><b>SNACK</b></u> Cheerios Sliced Peaches Milk</p>		<p><u><b>ALTERNATE MEALS:</b></u> 8/1-8/5: Hummus Plate 8/8-8/12: Wow Butter &amp; Honey Sandwich 8/15-8/19: Yogurt Box 8/22-8/26: Hummus Plate 8/29-8/31: Wow Butter &amp; Honey Sandwich</p>

**Did You Know?**

You can follow us  
on Facebook at  
[www.facebook.com/  
CSDschoolnutrition](http://www.facebook.com/CSDschoolnutrition) !!!