

ECLC JANUARY 2017 MENU w/ SNACK

<u>MONDAY 2</u>	<u>TUESDAY 3</u>	<u>WEDNESDAY 4</u>	<u>THURSDAY 5</u>	<u>FRIDAY 6</u>
<p align="center"><u>NO SCHOOL</u> <u>TEACHER WORK DAY</u></p> <p><u>Alternative Meals:</u> 1/2-1/6: Hummus Plate 1/9-1/13: Yogurt Box 1/16-1/20: Wow Butter & Honey Sandwich 1/23-1/27: Hummus Plate 1/30-2/3: Yogurt Box</p>	<p align="center"><u>BREAKFAST</u> Apple OJ Smoothie or Assorted Cereal w/Toast Mandarin Oranges Choice of Milk</p> <p align="center"><u>LUNCH</u> Cheese Pizza Buttered Corn Steamed Mixed Veggies Garlic Toast Sliced Peaches/ Applesauce Choice of Milk</p> <p align="center"><u>SNACK</u> WG Goldfish Pineapple Tidbits Water</p> <p align="center">LEAN & GREEN DAY</p>	<p align="center"><u>BREAKFAST</u> Chicken Biscuit or Assorted Cereal w/Toast Sliced Pears Choice of Milk</p> <p align="center"><u>LUNCH</u> Turkey & Cheese Roll Up Tater Tots Glazed Carrots Mixed Fruit Choice of Milk</p> <p align="center"><u>SNACK</u> Rice Chex Cereal 100% Fruit Juice</p>	<p align="center"><u>BREAKFAST</u> French Toast w/Syrup or Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p align="center"><u>LUNCH</u> Beef Soft Tacos Lettuce, Tomato, Salsa Sour Cream & Guacamole Black Beans Pineapple Tidbits Choice of Milk</p> <p align="center"><u>SNACK</u> Cheese Cubes, Whole Grain Crackers, Water</p>	<p align="center"><u>BREAKFAST</u> Scrambled Eggs & Cheese Grits Or Assorted Cereal w/Toast Choice of Milk</p> <p align="center"><u>LUNCH</u> Sliced Chicken Filet w/Dip Roasted Potato Wedges Parmesan Broccoli Apple Wedges (F2S) / Applesauce Choice of Milk</p> <p align="center"><u>SNACK</u> Animal Crackers, 100% Fruit Juice</p>
<u>MONDAY 9</u>	<u>TUESDAY 10</u>	<u>WEDNESDAY 11</u>	<u>THURSDAY 12</u>	<u>FRIDAY 13</u>
<p align="center"><u>BREAKFAST</u> WG Cinnamon Roll or Assorted Cereal w/Toast 100% Fruit Juice Choice of Milk</p> <p align="center"><u>LUNCH</u> Chicken Nuggets Sweet Potato Fries Seasoned Green Peas Peach Slices Choice of Milk</p> <p align="center"><u>SNACK</u> Cheese Cubes, Whole Grain Crackers, Water</p>	<p align="center"><u>BREAKFAST</u> Peach Pie Parfait or Assorted Cereal w/Toast Mandarin Oranges Choice of Milk</p> <p align="center"><u>LUNCH</u> Mac-N-Cheese Black Eyed Peas Collard Greens Apple Wedges (F2S) / Applesauce Choice of Milk</p> <p align="center"><u>SNACK</u> Hummus & Pita Bread 100% Fruit Juice</p> <p align="center">LEAN & GREEN DAY</p>	<p align="center"><u>BREAKFAST</u> Sausage Biscuit or Assorted Cereal w/Toast Sliced Pears Choice of Milk</p> <p align="center"><u>LUNCH</u> Chicken & Rice Casserole Mixed Veggies WG Dinner Roll Mandarin Oranges Choice of Milk</p> <p align="center"><u>SNACK</u> Vanilla Wafers & Banana Water</p>	<p align="center"><u>BREAKFAST</u> Oatmeal w/Brown Sugar or Assorted Cereal w/Toast Applesauce Choice of Milk</p> <p align="center"><u>LUNCH</u> Soft Chicken Tacos Lettuce, Tomatoes & Salsa Sour Cream & Guacamole Saucy Pinto Beans Banana Slices Choice of Milk</p> <p align="center"><u>SNACK</u> Sliced Peaches Vanilla Yogurt Water</p>	<p align="center"><u>BREAKFAST</u> Scrambled Eggs & Cheese Grits Or Assorted Cereal w/Toast Sliced Peaches Choice of Milk</p> <p align="center"><u>LUNCH</u> Hamburger on WG Bun Lettuce, Tomato, Pickle Waffle Fries Green Beans Sliced Pears Choice of Milk</p> <p align="center"><u>SNACK</u> Whole Grain Graham Crackers w/WOW Butter Water</p>

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<u>MONDAY 16</u>	<u>TUESDAY 17</u>	<u>WEDNESDAY 18</u>	<u>THURSDAY 19</u>	<u>FRIDAY 20</u>
<p align="center"><u>NO SCHOOL</u> <u>MLK HOLIDAY</u></p>	<p align="center"><u>BREAKFAST</u> Chocolate Dipped Strawberry Smoothie or Assorted Cereal w/Toast Sliced Pears Choice of Milk</p> <p align="center"><u>LUNCH</u> Grilled Cheese Sandwich Sweet Potato Fries Shelled Edamame Sliced Oranges/Applesauce Choice of Milk</p> <p align="center"><u>SNACK</u> Cheerios Sliced Pears Water LEAN & GREEN DAY</p>	<p align="center"><u>BREAKFAST</u> Pancakes w/Syrup & Sausage Or Assorted Cereal w/Toast Pineapple Tidbits Choice of Milk</p> <p align="center"><u>LUNCH</u> Diced Teriyaki Chicken Seasoned Brown Rice Roasted Broccoli & Carrots Mandarin Oranges Choice of Milk</p> <p align="center"><u>SNACK</u> Cheese Stick WG Crackers Water</p>	<p align="center"><u>BREAKFAST</u> Oatmeal w/Brown Sugar or Assorted Cereal w/Toast Mandarin Oranges Choice of Milk</p> <p align="center"><u>LUNCH</u> Chicken Quesadilla Lettuce, Tomatoes & Salsa Sour Cream & Guacamole Mexican Rice Cuban Black Beans Sliced Pears Choice of Milk</p> <p align="center"><u>SNACK</u> WG Choc. Chip Oatmeal Bar 100% Fruit Juice</p>	<p align="center"><u>BREAKFAST</u> Scrambled Eggs & Cheese Grits Or Assorted Cereal w/Toast Sliced Peaches Choice of Milk</p> <p align="center"><u>LUNCH</u> Spaghetti (Meat or Marinara) Seasoned Corn Seasoned Green Beans Fuji Apple (F2S) /Applesauce Choice of Milk</p> <p align="center"><u>SNACK</u> Rice Chex Cereal 100% Fruit Juice</p>
	<p align="center"><u>MONDAY 23</u></p> <p align="center"><u>BREAKFAST</u> WG Muffin & Vanilla Yogurt Or Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p align="center"><u>LUNCH</u> Fish Fillet Sandwich w/ Tartar Sauce Garlicky Green Beans Tater Tots Sliced Pears Choice of Milk</p> <p align="center"><u>SNACK</u> Cheese Stick WG Crackers Water</p>	<p align="center"><u>TUESDAY 24</u></p> <p align="center"><u>BREAKFAST</u> Berry Parfait Or Assorted Cereal w/Toast Sliced Bananas Choice of Milk</p> <p align="center"><u>LUNCH</u> PB & WOW Butter Sandwich Lentil Soup (2 and up) Steamed Broccoli Fuji Apple Slices (F2S)/ Applesauce Choice of Milk</p> <p align="center"><u>SNACK</u> Fruit & Yogurt Water LEAN & GREEN DAY</p>	<p align="center"><u>WEDNESDAY 25</u></p> <p align="center"><u>BREAKFAST</u> Chicken Biscuit or Assorted Cereal w/Toast Sliced Peaches Choice of Milk</p> <p align="center"><u>LUNCH</u> Shepherd's Pie WG Dinner Roll Shelled Edamame Apple Crisp Choice of Milk</p> <p align="center"><u>SNACK</u> Fig Newtons Milk</p>	<p align="center"><u>THURSDAY 26</u></p> <p align="center"><u>BREAKFAST</u> French Toast w/Syrup or Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p align="center"><u>LUNCH</u> Beef Soft Tacos Lettuce, Tomato, Salsa Sour Cream & Guacamole Saucy Pinto Beans Pineapple Tidbits Choice of Milk</p> <p align="center"><u>SNACK</u> Animal Crackers & Banana Water</p>

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<u>MONDAY 30</u>	<u>TUESDAY 31</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><u>BREAKFAST</u> Cinnamon Roll Assorted Cereal w/Toast Pineapple Tidbits Choice of Milk</p> <p><u>LUNCH</u> Chicken Nuggets Real Mashed Potatoes Seasoned Green Peas Garlic Toast Fruit Salad Choice of Milk</p> <p><u>SNACK</u> WG Choc. Chip Oatmeal Bar 100% Fruit Juice</p>	<p><u>BREAKFAST</u> Grape Ape Smoothie or Assorted Cereal w/Toast Sliced Pears Choice of Milk</p> <p><u>LUNCH</u> Cheese Pizza Buttered Corn Steamed Mixed Veggies Sliced Oranges/ Mandarin Oranges Choice of Milk</p> <p><u>SNACK</u> Cheerios Sliced Apple (F2S)/Applesauce Water LEAN & GREEN DAY</p>			