

ECLC OCTOBER 2016 MENU w/ SNACK

<u>MONDAY 3</u>	<u>TUESDAY 4</u>	<u>WEDNESDAY 5</u>	<u>THURSDAY 6</u>	<u>FRIDAY 7</u>
<p style="text-align: center;"><u>BREAKFAST</u> French Toast w/ Syrup Mandarin Oranges Choice of Milk</p> <p style="text-align: center;"><u>LUNCH</u> Chicken Nuggets Real Mashed Potatoes Seasoned Green Peas Warm Apple Slices Choice of Milk</p> <p style="text-align: center;"><u>SNACK</u> Whole Grain Muffin Milk</p>	<p style="text-align: center;"><u>BREAKFAST</u> Berry Parfait or Assorted Cereal w/Toast Apple Sauce Choice of Milk</p> <p style="text-align: center;"><u>LUNCH</u> Grilled Cheese Steamed Mixed Veggies Creamed Spinach (F2S veg of month) Banana Slices Choice of Milk</p> <p style="text-align: center;"><u>SNACK</u> Hummus & Pita Bread 100% Fruit Juice LEAN & GREEN DAY</p>	<p style="text-align: center;"><u>BREAKFAST</u> Turkey Biscuit or Assorted Cereal w/ Toast 100% Fruit Juice Choice of Milk</p> <p style="text-align: center;"><u>LUNCH</u> Sloppy Joe Tater Tots Steamed Broccoli Mixed Fruit Choice of Milk</p> <p style="text-align: center;"><u>SNACK</u> Fruit and Yogurt Water</p>	<p style="text-align: center;"><u>BREAKFAST</u> Oatmeal w/ Brown Sugar or Assorted Cereal w/ Toast Sliced Pears Choice of Milk</p> <p style="text-align: center;"><u>LUNCH</u> Sliced Chicken Filet w/ Dip Seasoned Rice Pinto Beans Mandarin Oranges Choice of Milk</p> <p style="text-align: center;"><u>SNACK</u> Vanilla Wafers & Banana Water</p>	<p style="text-align: center;"><u>BREAKFAST</u> Eggs, Grits or Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p style="text-align: center;"><u>LUNCH</u> Spaghetti w/Meat or Marinara Sauce Garlic Toast Buttered Corn Fruit Cocktail Choice of Milk</p> <p style="text-align: center;"><u>SNACK</u> WG Choc. Chip Oatmeal Bar 100% Fruit Juice</p>
<u>MONDAY 10</u>	<u>TUESDAY 11</u>	<u>WEDNESDAY 12</u>	<u>THURSDAY 13</u>	<u>FRIDAY 14</u>
<p style="text-align: center;"><u>BREAKFAST</u> Waffle w/ Syrup Assorted Cereal w/Toast Apple Sauce Choice of Milk</p> <p style="text-align: center;"><u>LUNCH</u> Chicken and Rice Steamed Carrots Sliced Peaches Choice of Milk</p> <p style="text-align: center;"><u>SNACK</u> Whole Grain Graham Crackers w/ WOW Butter Water</p>	<p style="text-align: center;"><u>BREAKFAST</u> Grape Ape Smoothie Assorted Cereal w/Toast Sliced Pears Choice of Milk</p> <p style="text-align: center;"><u>LUNCH</u> Cheese Pizza Seasoned Corn Mixed Fruit Choice of Milk</p> <p style="text-align: center;"><u>SNACK</u> Whole Grain Strawberry Bar Water LEAN & GREEN DAY</p>	<p style="text-align: center;"><u>BREAKFAST</u> Egg & Cheese Biscuit Assorted Cereal w/Toast Sliced Bananas Choice of Milk</p> <p style="text-align: center;"><u>LUNCH</u> Beanie Weenies Dinner Roll Steamed California Blend Apple Crisp Choice of Milk</p> <p style="text-align: center;"><u>SNACK</u> WG Goldfish Sliced Peaches Water</p>	<p style="text-align: center;"><u>BREAKFAST</u> Pancakes w/ Syrup or Assorted Cereal w/Toast Mandarin Oranges Choice of Milk</p> <p style="text-align: center;"><u>LUNCH</u> Beef Soft Tacos Lettuce, Tomatoes & Salsa Sour Cream & Guacamole Black Beans Steamed Broccoli Pineapple Tidbits Choice of Milk</p> <p style="text-align: center;"><u>SNACK</u> Cheese Stick, WG Crackers Water</p>	<p style="text-align: center;"><u>BREAKFAST</u> Scrambled Eggs & Cheese Grits or Assorted Cereal w/ Toast Mixed Fruit Choice of Milk</p> <p style="text-align: center;"><u>LUNCH</u> Fish Sandwich on WG Bun Green Beans Sweet Potato Fries Diced Peaches Choice of Milk</p> <p style="text-align: center;"><u>SNACK</u> Rice Chex Cereal 100% Fruit Juice</p>

ECLC OCTOBER 2016 MENU w/ SNACK

<u>MONDAY 17 & 31</u>	<u>TUESDAY 18</u>	<u>WEDNESDAY 19</u>	<u>THURSDAY 20</u>	<u>FRIDAY 21</u>
<p align="center"><u>BREAKFAST</u> Cinnamon Roll or Assorted Cereal w/ Toast Mandarin Oranges Choice of Milk</p> <p align="center"><u>LUNCH</u> Hamburger w/ Cheese Potato Wedges Steamed Carrots Chilled Applesauce Choice of Milk</p> <p align="center"><u>SNACK</u> Whole Grain Strawberry Bar Milk</p>	<p align="center"><u>BREAKFAST</u> Peach Pie Parfait or Assorted Cereal w/ Toast Pineapple Tidbits Choice of Milk</p> <p align="center"><u>LUNCH</u> Cheese Ravioli w/ Marinara Garlic Toast Sautéed Zucchini Squash Banana Slices Choice of Milk</p> <p align="center"><u>SNACK</u> Hummus & Pita Bread 100% Fruit Juice LEAN & GREEN DAY</p>	<p align="center"><u>BREAKFAST</u> English Muffin Egg Sandwich or Assorted Cereal w/ Toast Mixed Fruit Choice of Milk</p> <p align="center"><u>LUNCH</u> Chicken Filet Sandwich Waffle Fries Steamed broccoli Peach Crisp Choice of Milk</p> <p align="center"><u>SNACK</u> Cheerios Diced Pears Water</p>	<p align="center"><u>BREAKFAST</u> French Toast w/ Syrup or Assorted Cereal w/ Toast 100% Fruit Juice Choice of Milk</p> <p align="center"><u>LUNCH</u> Chicken Soft Taco Salsa, Sour Cream & Guacamole Creamy Refried Beans Pineapple Tidbits Choice of Milk</p> <p align="center"><u>SNACK</u> Vanilla Wafers & Banana Water</p>	<p align="center"><u>BREAKFAST</u> Eggs, Grits, & Bacon Assorted Cereal w/Toast Applesauce Choice of Milk</p> <p align="center"><u>LUNCH</u> Meat or Veggie Lasagna w/ Spinach (F2S veg of month) Green Beans Sliced Pears Choice of Milk</p> <p align="center"><u>SNACK</u> WG Choc. Chip Oatmeal Bar Milk</p>
<u>MONDAY 24</u>	<u>TUESDAY 25</u>	<u>WEDNESDAY 26</u>	<u>THURSDAY 27</u>	<u>FRIDAY 28</u>
<p align="center"><u>BREAKFAST</u> French Toast w/ Syrup Mandarin Oranges Choice of Milk</p> <p align="center"><u>LUNCH</u> Chicken Nuggets Real Mashed Potatoes Seasoned Green Peas Warm Apple Slices Choice of Milk</p> <p align="center"><u>SNACK</u> Whole Grain Muffin Milk</p>	<p align="center"><u>BREAKFAST</u> Berry Parfait or Assorted Cereal w/Toast Apple Sauce Choice of Milk</p> <p align="center"><u>LUNCH</u> Grilled Cheese Steamed Mixed Veggies Creamed Spinach (F2S veg of month) Banana Slices Choice of Milk</p> <p align="center"><u>SNACK</u> Hummus & Pita Bread 100% Fruit Juice LEAN & GREEN DAY</p>	<p align="center"><u>BREAKFAST</u> Turkey Biscuit or Assorted Cereal w/ Toast 100% Fruit Juice Choice of Milk</p> <p align="center"><u>LUNCH</u> Sloppy Joe Tater Tots Steamed Broccoli Mixed Fruit Choice of Milk</p> <p align="center"><u>SNACK</u> Fruit and Yogurt Water</p>	<p align="center"><u>BREAKFAST</u> Oatmeal w/ Brown Sugar or Assorted Cereal w/ Toast Sliced Pears Choice of Milk</p> <p align="center"><u>LUNCH</u> Chicken Enchilada Salsa, Sour Cream & Guacamole Pinto Beans Mandarin Oranges Choice of Milk</p> <p align="center"><u>SNACK</u> Vanilla Wafers & Banana Water</p>	<p align="center"><u>BREAKFAST</u> Eggs, Grits or Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p align="center"><u>LUNCH</u> Spaghetti w/Meat or Marinara Sauce Garlic Toast Buttered Corn Fruit Cocktail Choice of Milk</p> <p align="center"><u>SNACK</u> WG Choc. Chip Oatmeal Bar 100% Fruit Juice</p>

ECLC OCTOBER 2016 MENU w/ SNACK

ALTERNATE MEALS:

10/3-7: Wow Butter & Honey Sandwich

10/10-10/14: Hummus Plate

10/17-10-21 Yogurt Box

10/24-10/28 Wow Butter & Honey Sandwich

10/31-11/4: Hummus Plate

