

ECLC SEPTEMBER 2016 MENU w/ SNACK

<p><u>ALTERNATE MEALS:</u> 8/29-9/2: Wow Butter & Honey Sandwich 9/5-9/9: Hummus Plate 9/12-9/16: Yogurt Box 9/19-9/23: Wow Butter & Honey Sandwich 9/26-9/30: Hummus Plate</p>			<p align="center"><u>THURSDAY 1</u></p> <p><u>BREAKFAST</u> Chicken Biscuit or Assorted Cereal w/Toast Sliced Pears Choice of Milk</p> <p><u>LUNCH</u> Beef Soft Tacos Lettuce, Tomatoes & Salsa Sour Cream & Guacamole Creamy Refried Beans Steamed Rice Apple Crisp Choice of Milk</p> <p><u>SNACK</u> Vanilla Wafers & Banana Water</p>	<p align="center"><u>FRIDAY 2</u></p> <p><u>BREAKFAST</u> Eggs & Buttered Toast or Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Turkey & Cheese Roll Ups Oven Fries Seasoned Green Beans Diced Peaches Choice of Milk</p> <p><u>SNACK</u> WG Choc. Chip Oatmeal Bar Water</p>
<p align="center"><u>MONDAY 5</u></p>	<p align="center"><u>TUESDAY 6</u></p>	<p align="center"><u>WEDNESDAY 7</u></p>	<p align="center"><u>THURSDAY 8</u></p>	<p align="center"><u>FRIDAY 9</u></p>
<p align="center"><u>NO SCHOOL LABOR DAY</u></p>	<p><u>BREAKFAST</u> Grape Ape Smoothie Assorted Cereal w/Toast Apple Sauce Choice of Milk</p> <p><u>LUNCH</u> Cheese Pizza Seasoned Corn Mixed Fruit Choice of Milk</p> <p><u>SNACK</u> Hummus & Pita Bread 100% Fruit Juice LEAN & GREEN DAY</p>	<p><u>BREAKFAST</u> Egg Biscuit Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Hamburger w/ Cheese Crispy Tater Tots Steamed Carrots Chilled Applesauce Choice of Milk</p> <p><u>SNACK</u> Cheerios Sliced Peaches Milk</p>	<p><u>BREAKFAST</u> Oatmeal w/ Brown Sugar or Assorted Cereal w/ Toast Sliced Pears Choice of Milk</p> <p><u>LUNCH</u> Cheese Quesadilla Salsa, Sour Cream & Guacamole Pinto Beans Mandarin Oranges Choice of Milk</p> <p><u>SNACK</u> Vanilla Wafers & Banana Water</p>	<p><u>BREAKFAST</u> English Muffin Egg Sandwich or Assorted Cereal w/ Toast Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Spaghetti w/Meat or Marinara Sauce Garlic Toast Seasoned Green Beans Watermelon Choice of Milk</p> <p><u>SNACK</u> Rice Chex Cereal Cheese Stick Water</p>

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<u>MONDAY 12</u>	<u>TUESDAY 13</u>	<u>WEDNESDAY 14</u>	<u>THURSDAY 15</u>	<u>FRIDAY 16</u>
<p><u>BREAKFAST</u> WG Blueberry Muffin or Assorted Cereal w/ Toast Mandarin Oranges Choice of Milk</p> <p><u>LUNCH</u> Chicken and Rice Green Peas Steamed Carrots Sliced Peaches Choice of Milk</p> <p><u>SNACK</u> Whole Grain Strawberry Bar Milk</p>	<p><u>BREAKFAST</u> Grape Ape Smoothie or Assorted Cereal w/ Toast Apple Sauce Choice of Milk</p> <p><u>LUNCH</u> Grilled Cheese Black Eyed Peas Sautéed Zucchini Squash Banana Slices Choice of Milk</p> <p><u>SNACK</u> Hummus & Pita Bread 100% Fruit Juice LEAN & GREEN DAY</p>	<p><u>BREAKFAST</u> Pancakes w/ Syrup or Assorted Cereal w/ Toast Mandarin Oranges Choice of Milk</p> <p><u>LUNCH</u> Fish Sandwich on WG Bun Green Peas Sweet Potato Fries Diced Peaches Choice of Milk</p> <p><u>SNACK</u> Cheerios Banana Slices Water</p>	<p><u>BREAKFAST</u> French Toast or Assorted Cereal w/ Toast 100% Fruit Juice Choice of Milk</p> <p><u>LUNCH</u> Beef Soft Taco Salsa, Sour Cream & Guacamole Seasoned Black Beans Pineapple Tidbits Choice of Milk</p> <p><u>SNACK</u> Fruit & Yogurt Water</p>	<p><u>BREAKFAST</u> Eggs, Grits, & Bacon Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Baked Chicken Mashed Sweet Potato Steamed Broccoli Dinner Roll Pear Slices Choice of Milk</p> <p><u>SNACK</u> WG Choc. Chip Oatmeal Bar Milk</p>
<u>MONDAY 19</u>	<u>TUESDAY 20</u>	<u>WEDNESDAY 21</u>	<u>THURSDAY 22</u>	<u>FRIDAY 23</u>
<p><u>BREAKFAST</u> Assorted Cereal w/ Toast Mandarin Oranges Choice of Milk</p> <p><u>LUNCH</u> Chicken Nuggets Real Mashed Potatoes Seasoned Green Beans Warm Apple Slices Choice of Milk</p> <p><u>SNACK</u> Whole Grain Muffin Milk</p>	<p><u>BREAKFAST</u> Apple OJ Smoothie Assorted Cereal w/Toast Apple Sauce Choice of Milk</p> <p><u>BRUNCH FOR LUNCH</u> Scrambled Eggs Waffles w/Syrup Creamed Spinach Mixed Fruit Choice of Milk</p> <p><u>SNACK</u> Whole Grain Strawberry Bar Water LEAN & GREEN DAY</p>	<p><u>BREAKFAST</u> Sausage Biscuit or Assorted Cereal w/ Toast Sliced Pears Choice of Milk</p> <p><u>LUNCH</u> Sliced Teriyaki Chicken Steamed Brown Rice Steamed Broccoli Mandarin Oranges Roasted Okra (F2S) Choice of Milk</p> <p><u>SNACK</u> WG Choc. Chip Oatmeal Bar 100% Fruit Juice</p>	<p><u>BREAKFAST</u> French Toast or Assorted Cereal w/ Toast 100% Fruit Juice Choice of Milk</p> <p><u>LUNCH</u> Cheese Quesadilla Salsa, Sour Cream & Guacamole Seasoned Black Beans Pineapple Tidbits Choice of Milk</p> <p><u>SNACK</u> Fruit & Yogurt Water</p>	<p><u>BREAKFAST</u> Eggs, Grits, & Bacon Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Fish Sandwich on WG Bun Green Peas Sweet Potato Fries Diced Peaches Choice of Milk</p> <p><u>SNACK</u> Rice Chex Cereal Cheese Stick Water</p>

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<u>MONDAY 26</u>	<u>TUESDAY 27</u>	<u>WEDNESDAY 28</u>	<u>THURSDAY 29</u>	<u>FRIDAY 30</u>
<p style="text-align: center;"><u>BREAKFAST</u> Cinnamon Roll Assorted Cereal w/Toast Banana Slices Choice of Milk</p> <p style="text-align: center;"><u>LUNCH</u> Turkey & Cheese Roll-up French Fries Sautéed Edamame Sliced Peaches Choice of Milk</p> <p style="text-align: center;"><u>SNACK</u> Whole Grain Blueberry Bar 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> Mac-n-Cheese Black Eyed Peas Roasted Okra (F2S) Steamed Carrots Sliced Pears 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> Pancakes w/ Syrup or Assorted Cereal w/ Toast Mandarin Oranges Choice of Milk</p> <p style="text-align: center;"><u>LUNCH</u> Sliced Chicken Filet on WG Bun Waffle Fries Steamed Broccoli Parmesan Sliced Peaches Choice of Milk</p> <p style="text-align: center;"><u>SNACK</u> Cheerios Mixed Fruit Milk</p>	<p style="text-align: center;"><u>BREAKFAST</u> Chicken Biscuit or Assorted Cereal w/ Toast Sliced Pears Choice of Milk</p> <p style="text-align: center;"><u>LUNCH</u> Beef Soft Taco Salsa, Sour Cream & Guacamole Black Beans Mixed Fruit 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 & Buttered Toast or Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p style="text-align: center;"><u>LUNCH</u> Beanie Weenies Texas Toast Seasoned Green Beans Diced Peaches Choice of Milk</p> <p style="text-align: center;"><u>SNACK</u> WG Choc. Chip Oatmeal Bar Water</p>

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