EC Menus March 2019

Red-Fresh Fruit Blue-Fresh Vegetables Green-Snack Meat/Meat Alternate Purple-Breakfast Meat/Meat Alternate Brown-Whole Grain Food



*Milk is served with breakfast and with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
Week 4		, and the second	Ĭ	3/1
				Whl Wht Toast/Hard
				Boiled Egg Half
				Mixed Fruit
				Seasoned Chicken
				Drumsticks
				Sweet Potato Fries
				Apple Sauce
				Challah
				Fresh Orange Wedges
3/4 Week 5	3/5	3/6	3/7	3/8
Unsweetened Cereal	French Toast	Unsweetened Cereal	Whole Wheat Toast/	Whole Grain Biscuit
Diced Pears	Strawberries	Banana	Sun Butter	Diced Peaches
			Cinnamon Apple Slices	
Cheese Pita Pizza	Sloppy Joes	Scrambled Eggs	Chicken Gyros on Pita	Homemade Meatloaf
Garden Salad w/ Ranch	Corn on the Cob	Roasted Potatoes	Bread	Mashed Potatoes
Dressing	Applesauce	Fresh Honeydew &	Lettuce/Cherry	Fresh Orange Wedges
Tropical Fruit	Whole Wheat Roll	Cantaloupe Cubes	Tomatoes	Challah
		Belgian Waffle	Tzatziki Sauce	
			Fresh Red Grapes	
Fresh Apple Wedges	Soft Pretzel Bites	Cheese & Crackers	Snack Mix	Yogurt/Granola

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Monday	Tuesday	Wednesday	Thursday	Friday
3/11 Week 1	3/12	3/13	3/14	3/15
Unsweetened Cereal Diced Pears	Whl Grain English Muffin Sun Butter Mixed Fruit	Unsweetened Cereal Banana	Blueberry Bagel Half Strawberries	French Toast Fresh Cantaloupe Cubes
Vegetarian Chili Cheesy Whl Grain Bagel Half Sweet Corn Fresh Apple Wedges	Vegetable Soup Deli Turkey on Slider Bun Fresh Red Grapes	Cheese Quesadilla/Salsa Roasted Zucchini/Red Pepper Tropical Fruit	Spaghetti w/Meat Sauce Broccoli Fresh Orange Wedges	Honey Glazed Chicken Drumstick Roasted Potatoes Green Beans Challah
Roasted Carrot Sticks w/Russian Dressing	Cheese Crackers/Craisins	Fresh Pear	Hummus/Pita Wedges	Oat Granola
3/18 Week 2	3/19	3/20	3/21 Purim	3/22
Unsweetened Cereal Diced Peaches	Whole Grain Biscuit Mixed Fruit	Oatmeal Banana	Whole Wheat Toast Hard Boiled Egg Half Fresh Orange Wedges	Belgian Waffle Strawberries
Baked Tilapia Au Gratin Potatoes Strawberries Whole Wheat Roll	Sweet & Sour Chicken Seasoned Brown Rice Sweet Peas Pineapple	Pizza Bagel Green Salad w/Tomatoes/Ranch Dressing Diced Peaches	Turkey/Gravy Roasted Vegetables Apples and Cranberries Whole Wheat Roll	Homemade Oven Fried Chicken Strips Seasoned Baby Carrots Fresh Red Grapes Challah
Fresh Honeydew	Fresh Apple Wedges	Soft Pretzel Bites	Hamenstashen	Whole Grain Bagel Half/ Cr. Cheese

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*Milk is served with breakfast and with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
3/25 Week 3	3/26	3/27	3/28	3/29
Unsweetened Cereal Mixed Fruit	Whole Grain Pancake Pineapple Topping	Unsweetened Cereal Banana	Blueberry Bagel Half/Cream Cheese Fresh Cantaloupe	Yogurt Strawberries
Cheesy Macaroni Broccoli w/Russian Dip Diced Peaches	Fajita Chicken Strips Curried Rice Green Beans Mandarin Oranges	White Minestrone Soup Tuna Salad Wheat Crackers Fresh Red Grapes	Hamburger on Whole Wheat Roll French Fries Fruit Cup	Orange Glazed Drumsticks Roasted Zucchini & Red Peppers Tropical Fruit Challah
Soft Pretzel Bites	Fresh Apple Wedges	Whole Grain Crackers/Sun Butter	Fresh Pear	Peaches/Oat Granola

EC Menus Special March 2019

Red-Vegetarian Green-No red meat Blue-No Dairy No-Turkey Purple-No Eggs



Milk is served with breakfast and snack Fresh fruit is subject to change depending on availability

Monday	Tuesday	Wednesday	Thursday	Friday
Week 4				3/1
				Whl Wht Toast/Hard
				Boiled Egg Half
				Mixed Fruit
				Seasoned Chicken
				Drumsticks
				Seasoned Tofu Strips
				Sweet Potato Fries
				Apple Sauce
				Challah
				Fresh Orange Wedges
3/4 Week 5	3/5	3/6	3/7	3/8
Unsweetened Cereal	French Toast	Unsweetened Cereal	Whole Wheat Toast/	Whole Grain Biscuit
Diced Pears	Strawberries	Banana	Sun Butter	Diced Peaches
			Cinnamon Apple Slices	
Cheese Pita Pizza	Sloppy Joes	Scrambled Eggs	Chicken Gyros on Pita	Homemade Meatloaf
Sun Butter/Pita Wedges	Sloppy Tofu Crumbles	Sun Butter	Bread	Seasoned Veggie Patty
Garden Salad w/ Ranch	Sloppy Tofu Crumbles	Roasted Potatoes	Tofu Gyro on Pita	Seasoned Veggie Patty
Dressing	Corn on the Cob	Fresh Honeydew &	Bread	Mashed Potatoes
Tropical Fruit	Applesauce	Cantaloupe Cubes	Lettuce/Tomatoes	Fresh Orange Wedges
1	Whole Wheat Roll	Belgian Waffle	Tzatziki Sauce	Challah
			Fresh Red Grapes	
Fresh Apple Wedges	Soft Pretzel Bites	Cheese & Crackers	Snack Mix	Yogurt/Granola

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Monday	Tuesday	Wednesday	Thursday	Friday
3/11 Week 1	3/12	3/13	3/14	3/15
Unsweetened Cereal	Whl Grain English	Unsweetened Cereal	Blueberry Bagel Half	French Toast
Diced Pears	Muffin	Banana	Strawberries	Fresh Cantaloupe Cubes
	Sun Butter			
	Mixed Fruit			
Vegetarian Chili	Vegetable Soup	Cheese	Spaghetti w/Meat	Honey Glazed Chicken
Cheesy Whl Grain Bagel	Deli Turkey on Slider	Quesadilla/Salsa	Sauce	Drumstick
Half	Bun	Hard Boiled	Spaghetti w/Tofu &	Seasoned Veggie Patty
Sun Butter/Whl Grain	Seasoned Tofu on Slider	Egg/Tortilla/Salsa	Sauce	Roasted Potatoes
Bagel	Bun	Roasted Zucchini/Red	Spaghetti w/Tofu &	Green Beans
Sweet Corn	Fresh Red Grapes	Pepper	Sauce	Challah
Fresh Apple Wedges		Tropical Fruit	Broccoli	
			Fresh Orange Wedges	
Roasted Carrot Sticks	Cheese Crackers/Craisins	Fresh Pear	Hummus/Pita Wedges	Oat Granola
w/Russian Dressing				
3/18 Week 2	3/19	3/20	3/21 Purim	3/22
Unsweetened Cereal	Whole Grain Biscuit	Oatmeal	Whole Wheat Toast	Belgian Waffle
			Whole Wheat Toast Hard Boiled Egg Half	
Unsweetened Cereal Diced Peaches	Whole Grain Biscuit Mixed Fruit	Oatmeal Banana	Whole Wheat Toast Hard Boiled Egg Half Fresh Orange Wedges	Belgian Waffle Strawberries
Unsweetened Cereal Diced Peaches Baked Tilapia	Whole Grain Biscuit Mixed Fruit Sweet & Sour Chicken	Oatmeal Banana Pizza Bagel	Whole Wheat Toast Hard Boiled Egg Half Fresh Orange Wedges Turkey/Gravy	Belgian Waffle Strawberries Homemade Oven Fried
Unsweetened Cereal Diced Peaches Baked Tilapia Seasoned Veggie Patty	Whole Grain Biscuit Mixed Fruit Sweet & Sour Chicken Sweet & Sour Tofu	Oatmeal Banana Pizza Bagel Pizza Bagel w/veggie	Whole Wheat Toast Hard Boiled Egg Half Fresh Orange Wedges Turkey/Gravy Seasoned Tofu	Belgian Waffle Strawberries Homemade Oven Fried Chicken Strips
Unsweetened Cereal Diced Peaches Baked Tilapia Seasoned Veggie Patty Au Gratin Potatoes	Whole Grain Biscuit Mixed Fruit Sweet & Sour Chicken Sweet & Sour Tofu Seasoned Brown Rice	Oatmeal Banana Pizza Bagel Pizza Bagel w/veggie patty crumbles & sauce	Whole Wheat Toast Hard Boiled Egg Half Fresh Orange Wedges Turkey/Gravy Seasoned Tofu Roasted Vegetables	Belgian Waffle Strawberries Homemade Oven Fried Chicken Strips Seasoned Tofu Nuggets
Unsweetened Cereal Diced Peaches Baked Tilapia Seasoned Veggie Patty Au Gratin Potatoes Strawberries	Whole Grain Biscuit Mixed Fruit Sweet & Sour Chicken Sweet & Sour Tofu Seasoned Brown Rice Sweet Peas	Oatmeal Banana Pizza Bagel Pizza Bagel w/veggie patty crumbles & sauce Green Salad	Whole Wheat Toast Hard Boiled Egg Half Fresh Orange Wedges Turkey/Gravy Seasoned Tofu Roasted Vegetables Apples and Cranberries	Belgian Waffle Strawberries Homemade Oven Fried Chicken Strips Seasoned Tofu Nuggets Seasoned Baby Carrots
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Soft Pretzel Bites	Fresh Apple Wedges	Whole Grain Crackers/Sun Butter	Fresh Pear	Peaches/Oat Granola