

**EC Menus Revised beginning 11/2016**

**Red-Fresh Fruit Blue-Fresh Vegetables Green-Snack Meat/Meat Alternate Purple-Breakfast Meat/Meat Alternate**

Milk is served with breakfast and with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>12/1</b>	<b>12/2</b>
			Whole Grain Bagel Half/White Amer. Cheese Red Grapes	French Toast Sticks Apricot Halves
			Homemade Meatballs Rotini Pasta Seasoned Carrots Diced Pears	Orange Drumsticks Orzo Pilaf Sweet Peas Tropical Fruit Challah
			Pretzels	Baby Carrots/Russian Dressing
<b>12/5</b>	<b>Wk 4</b>	<b>12/6</b>	<b>12/7</b>	<b>12/8</b>
Unsweetened Cereal Diced Pears	Whole Wheat Toast (1/2) Scrambled Eggs/Red Pepper Apricot Halves	Oatmeal w/Apple Slices	Biscuit (1)/Margarine Fresh Orange Wedges	Whole Grain Waffle/Syrup Banana Half
Pizza Bagel Zucchini Rounds/Ranch Dressing Fresh Red Grapes	Homemade Turkey Meatballs Veggie Brown Rice Pineapple Tidbits	Broccoli Cheese Frittata Whole Green Beans Fresh Plum	Sloppy Joes/Slider Bun Seasoned Potato Wedges Green Beans	Chicken Drumstick Corn on the Cob Tropical Fruit Challah
Cantaloupe Cubes	Cereal Snack Mix	Whole Wheat Bagel Half/Soy Butter	Homemade Carrot Oatmeal Cookie	Honeydew Cubes

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<b>12/12</b> <b>Wk 5</b>	<b>12/13</b>	<b>12/14</b>	<b>12/15</b>	<b>12/16</b>
Unsweetened Cereal Diced Peaches	Whole Grain Toast (1) Applesauce	Unsweetened Cereal <b>Banana Half</b>	French Toast Sticks (2) <b>Cantaloupe Cubes</b>	Whole Grain Bagel Half/ <b>Cream Cheese</b> Tropical Fruit
Mexican Pizza <b>Shredded Lettuce</b> <b>Diced Tomatoes</b> Salsa <b>Orange Wedges</b>	Hamburger/Bun French Fries Diced Peaches	Tomato Soup Tuna Salad Pretzel Bread Sticks <b>Apple Wedges</b>	Stir Fry Green Rice, Eggs, Smoked Turkey <b>Cherry Tomato Halves</b> Diced Pears	Homemade Chicken Nuggets/Honey Mustard <b>Baked Sweet Potatoes</b> Cinn. Apple Slices Challah
<b>Vanilla Yogurt/</b> <b>Honeydew</b>	Zucchini Bread	Cheese Crackers	<b>Baby Carrots</b> w/Russian Dressing	<b>Red Grapes</b>
<b>12/19</b> <b>Wk 1</b>	<b>12/20</b>	<b>12/21</b>	<b>12/22</b>	<b>12/23</b>
Unsweetened Cereal Mixed Fruit	English Muffin Half/Margarine Pineapple Tidbits	Oatmeal <b>Banana Half</b>	Whole Wheat Toast (1) <b>Scrambled Egg/Red</b> <b>Pepper</b> Apricot Half	Whole Grain Pancake (1)/Syrup <b>Apple Wedges</b>
Mac and Cheese Green Beans <b>Red Grapes</b>	<u>Taco Tuesday</u> Seasoned Taco Meat <b>Shredded Lettuce</b> <b>Diced Tomatoes/Salsa</b> Flour Tortilla <b>Fresh Orange Wedges</b>	Hot Cheese Slider <b>Roasted Veggies</b> Mandarin Oranges	Pasta Shells and Meat Sauce <b>Green Salad/Caesar</b> Dressing <b>Fresh Pear</b>	Chicken Drumstick <b>Seasoned Potato</b> <b>Wedges</b> Tropical Fruit Challah
<b>Fresh Apple Slices/Soy</b> <b>Butter</b>	Cereal Snack Mix	<b>Honeydew Cubes</b>	Tropical Fruit	Pretzel Sticks/Honey Mustard Dip

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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>12/26</b> <b>Wk 2</b>	<b>12/27 Hanukkah</b>	<b>12/28</b>	<b>12/29</b>	<b>12/30</b>
Unsweetened Cereal Diced Peaches	Biscuit (1)/Margarine <b>Honeydew Cubes</b>	Unsweetened Cereal <b>Banana Half</b>	French Toast Sticks Tropical Fruit	English Muffin Half Diced Pears
Pizza Bagel <b>Carrot Sticks</b> /Creamy Italian Dip Pineapple Tidbits	Roast Turkey <b>Mashed Sweet Potatoes</b> Green Beans Dinner Roll	Cheese Quesadilla <b>Red Pepper</b> <b>Strips</b> /Ranch Salsa Mandarin Oranges	Homemade Turkey Burger/Whole Wheat Roll Sweet Corn <b>Fresh Apple Wedges</b>	Homemade Meatloaf <b>Mashed</b> <b>Potatoes</b> /Gravy Cinnamon Peaches Challah
<b>Vanilla Yogurt</b> /Fruit Granola	Holiday Cookie	<b>Cantaloupe Cubes</b>	Pretzels	Whole Wheat Bagel Half/ <b>Cream Cheese</b>