

EC Menus Revised beginning 11/2016

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

Monday	Tuesday	Wednesday	Thursday	Friday
10/31 Wk 4	11/1	11/2	11/3	11/4
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 Orange Juice	Homemade Turkey Meatballs Veggie Brown Rice Pineapple Tidbits Grape Juice	Broccoli Cheese Frittata Whole Green Beans Fresh Plum Apple Juice	Sloppy Joes/Slider Bun Seasoned Potato Wedges Green Beans Grape Juice	Chicken Drumstick Corn on the Cob Tropical Fruit Challah Apple Juice
Cantaloupe Cubes	Cereal Snack Mix	Whole Wheat Bagel Half/Soy Butter	Homemade Carrot Oatmeal Cookie	Honeydew Cubes
11/7 Wk 5	11/8	11/9	11/10*	11/11
Unsweetened Cereal Diced Peaches	Whole Grain Toast (1) Applesauce	Unsweetened Cereal Banana Half	French Toast Sticks (2) Cantaloupe Cubes	Whole Grain Bagel Half/Cream Cheese Tropical Fruit
Mexican Pizza Shredded Lettuce Diced Tomatoes Salsa Orange Wedges Apple Juice	Hamburger/Bun French Fries Diced Peaches Grape Juice	Tomato Soup Tuna Salad Pretzel Bread Sticks Apple Wedges Orange Juice	Stir Fry Green Rice, Eggs, Smoked Turkey Cherry Tomato Halves Diced Pears Apple Juice	Homemade Chicken Nuggets/Honey Mustard Baked Sweet Potatoes Cinn. Apple Slices Challah Grape Juice
Vanilla Yogurt/ Honeydew	Zucchini Bread	Cheese Crackers	Baby Carrots w/Russian Dressing	Red Grapes

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Monday		Tuesday	Wednesday	Thursday	Friday
11/14	Wk 1	11/15	11/16	11/17	11/18
Unsweetened Cereal Mixed Fruit		English Muffin Half/Margarine Pineapple Tidbits	Oatmeal Banana Half	Whole Wheat Toast (1) Scrambled Egg/Red Pepper Apricot Half	Whole Grain Pancake (1)/Syrup Apple Wedges
Mac and Cheese Green Beans Red Grapes Orange Juice		<u>Taco Tuesday</u> Seasoned Taco Meat Shredded Lettuce Diced Tomatoes/Salsa Flour Tortilla Fresh Orange Wedges Grape Juice	Hot Cheese Slider Roasted Veggies Mandarin Oranges Apple Juice	Pasta Shells and Meat Sauce Green Salad/Caesar Dressing Fresh Pear Grape Juice	Chicken Drumstick Seasoned Potato Wedges Tropical Fruit Challah Apple Juice
Fresh Apple Slices/Soy Butter		Cereal Snack Mix	Honeydew Cubes	Tropical Fruit	Pretzel Sticks/Honey Mustard Dip
11/21	Wk 2	11/22 Thanksgiving	11/23	11/24	11/25
Unsweetened Cereal Diced Peaches		Biscuit (1)/Margarine Honeydew Cubes	Unsweetened Cereal Banana Half	Thanksgiving Holiday	Thanksgiving Holiday
Pizza Bagel Carrot Sticks/Creamy Italian Dip Pineapple Tidbits Apple Juice		Roast Turkey Mashed Sweet Potatoes Green Beans Dinner Roll Apple Juice	Cheese Quesadilla Red Pepper Strips/Ranch Salsa Mandarin Oranges Apple Juice		
Vanilla Yogurt/Fruit Granola		Cranberry Oatmeal Cookie	Cantaloupe Cubes		

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11/28	Wk 3	11/29	11/30	12/1	12/2
Unsweetened Cereal Diced Pears		English Muffin Half/Margarine Mixed Fruit	Fruit Oat Granola Banana Half	Whole Grain Bagel Half/White Amer. Cheese Red Grapes	French Toast Sticks Apricot Halves
Tomato Rice Soup Toasted Cheese Dippers Fresh Plum Orange Juice		<u>Taco Tuesday</u> Seasoned Taco Meat Shredded Lettuce Diced Tomatoes/Salsa Flour Tortilla Fresh Orange Wedges Apple Juice	Baked Tilapia Rainbow Rice* *carrots, red pepper, spinach Green Beans Diced Peaches Grape Juice	Homemade Meatballs Rotini Pasta Seasoned Carrots Diced Pears Apple Juice	Orange Drumsticks Orzo Pilaf Sweet Peas Tropical Fruit Challah Grape Juice
Graham Cracker/Applesauce		Fresh Apple Wedges	Vanilla Yogurt/Tropical Fruit	Pretzels	Baby Carrots/Russian Dressing