

# EC Menus September 2016

Milk is included with breakfast and snack

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Wk 5			9/1	9/2
			Blueberry Muffin Mixed Fruit Milk	Cinn. Raisin Bagel Fresh Apple Slices Milk
			Sweet & Sour Meatballs Brown Rice Peas Pineapple Tidbits Grape Juice	Chicken Drumstick Sweet Corn Red Grapes Challah Apple Juice
			Fresh Pear	Peaches w/Whipped Topping
9/5 Wk 1	9/6	9/7	9/8	9/9
Labor Day  No Meal Service	English Muffin Half Tropical Fruit Milk	Cereal Diced Peaches Milk	Whole Wheat Toast Scrambled Eggs/Red Pepper Diced Pears Milk	Pancake Banana Milk
	Hamburger/Bun Hash Brown Potatoes Fresh Apple Wedges Pineapple Juice	Pizza Bagel Green Beans Fresh Orange Wedges Apple Juice	Deli Turkey Wrap Hummus Carrot Sticks Grape Juice	Homemade Chicken Nuggets/Honey Mustard Baked Sweet Potatoes Baked Apple Slices Challah Orange Juice
	Cereal Snack Mix	Cinnamon Graham Snack	Fruit Cones* *strawberries, kiwi, mandarin oranges in an ice cream cone	Bagel Half/ Cr. Cheese

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<b>9/12 Wk 2</b>	<b>9/13</b>	<b>9/14</b>	<b>9/15</b>	<b>9/16</b>
Cereal Diced Peaches	Blueberry Bagel Strawberries	Cereal Banana Half	French Toast Sticks Tropical Fruit	English Muffin Half Diced Pears
Tomato Soup Grilled Cheese Dippers Green Beans Orange Juice	<u>Taco Tuesday</u> Seasoned Taco Meat Shredded Lettuce Diced Tomatoes/Salsa Flour Tortilla Fresh Orange Wedges Pineapple Juice	Baked Tilapia Rainbow Rice* *br rice, barley, bulgur, `carrots, peppers, spinach Fresh Red Grapes Dinner Roll Apple Juice	Homemade Turkey Burger on Slider Bun French Fries Pineapple Tidbits Grape Juice	Honey Glazed Chicken Drumsticks Corn on the Cob Mixed Fruit Orange Juice
Fresh Apple Wedges	Banana Bread	Graham Crackers/Applesauce	Peach Crisp	Fresh Plum
<b>9/19 Wk 3</b>	<b>9/20</b>	<b>9/21</b>	<b>9/22</b>	<b>9/23</b>
Cereal Mixed Fruit	Cinnamon Wheat Toast Apricot Halves	Fruit Oat Granola Banana	Bagel/Cream Cheese Tropical Fruit	Biscuit Applesauce
Mexican Pizza* *refried beans, veggies, cheese Shredded Lettuce Diced Tomatoes Salsa Mandarin Oranges Grape Juice	Teriyaki Glazed Meatballs Brown Rice Sweet Peas Pineapple Tidbits Pineapple Juice	Tuna Salad Carrot/Celery Sticks w/Russian Dressing Red Grapes Pretzel Bread Sticks Apple Juice	Pasta Shells w/Meat Sauce Green Salad/Caesar Dressing Fresh Pear Grape Juice	Homemade Oven Fried Chicken Strips Mashed Sweet Potatoes Pineapple Tidbits Apple Juice Challah
Oatmeal Raisin Cookie	Apple Wedges/Cheese Squares	Vanilla Yogurt and Graham Crackers	Cereal Snack Mix	Diced Peaches & Pears

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<b>9/26 Wk 4</b>	<b>9/27</b>	<b>9/28</b>	<b>9/29</b>	<b>9/30</b>
<b>Cereal Diced Pears</b>	<b>Mini Bagel Diced Peaches</b>	<b>Oatmeal w/Apple Slices</b>	<b>English Muffin Half Mixed Fruit</b>	<b>French Toast Sticks Fresh Strawberries</b>
<b>Mac and Cheese Green Beans Fresh Strawberries/Kiwi Apple Juice</b>	<b><u>Taco Tuesday</u> Seasoned Taco Meat Shredded Lettuce Diced Tomatoes/Salsa Flour Tortilla Tropical Fruit Pineapple Juice</b>	<b>Cheese Slider* *white American cheese on slider bun Roasted Veggies* *zucchini, red pepper Mandarin Oranges Apple Juice</b>	<b>Stir Fry Green Rice, Eggs, Smoked Turkey Green Salad w/Tomatoes /Ranch Dressing Red Grapes Orange Juice</b>	<b>Turkey/Gravy Mashed Potatoes Cran Applesauce Challah Pineapple Juice</b>
<b>Soft Pretzel Bites/Honey Mustard Sauce</b>	<b>Fresh Fruit</b>	<b>Whole Wheat Crackers/Soy Butter</b>	<b>Blueberry Bagel Half</b>	<b>Fresh Banana</b>