

# EC Menus September 2017

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
Wk 4				9/1
				Whole Grain Waffle Tropical Fruit
				Orange Drumsticks Sweet Peas Pineapple Tidbits Challah
				Mandarin Oranges
9/4 Wk 5	9/5	9/6	9/7	9/8
Labor Day Holiday No Meal Service	Whole Grain Pancake Strawberry Topping	Unsweetened Cereal Banana	Whole Wheat English Muffin Half Apricots	Whole Wheat Bread(1) Hard Boiled Egg Pineapple Tidbits
	Taco Tuesday Seasoned Taco Meat Shredded Lettuce Tomatoes/Salsa Flour Tortilla Fresh Orange Wedges	Hot Cheese Slider Roasted Veggies Fresh Red Grapes	Spaghetti w/Homemade Meatballs Green Salad/Italian Dressing Fresh Pear	Chicken Drumsticks Maple Glazed Carrots Applesauce Challah
	Scooby Grahams	Mini Pretzel Bread Stick/Honey Mustard	Cantaloupe/Kiwi	Diced Peaches/Cottage Cheese
9/11 Wk 1	9/12	9/13	9/14	9/15
Unsweetened Cereal Diced Peaches	Whole Grain Biscuit Fresh Cantaloupe Cubes	Unsweetened Cereal Fresh Banana	Bagel/Cream Cheese Mandarin Oranges	French Toast Sticks Applesauce
Cheese Quesadilla/Salsa Corn on the Cob Honeydew Cubes	BBQ Burgers Sweet Potato Fries Applesauce Whole Wheat Roll	Mac and Cheese Roasted Green Beans Fresh Strawberries	Scrambled Eggs w/Smoked Turkey Hash Brown Potatoes Fresh Red Grapes Whole Wheat Bread	Homemade Chicken Strips Roasted Zucchini Sticks/Ranch Dressing Watermelon Cubes Challah
Animal Crackers	Diced Pears	Carrot Fries w/Taco Dip	Crunchy Pretzels	Yogurt/Granola Topping

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Monday		Tuesday	Wednesday	Thursday	Friday
9/18	Wk 2	9/19	9/20	9/21	9/22
Unsweetened Cereal Mixed Fruit		Whole Wheat Toast/Sun Butter Pineapple Tidbits	Unsweetened Cereal Fresh Banana	Rosh Hashanah  No Meal Service	Rosh Hashanah  No Meal Service
Cheese Pizza Cucumber Slices Creamy Italian Dressing Fresh Orange Wedges		Taco Tuesday Seasoned Taco Meat Shredded Lettuce/Tomatoes/Salsa Flour Tortilla Fresh Apple Wedges	Tomato Mac Soup Tuna Salad Fresh Red Grapes Mini Pretzel Sticks		
Fresh Honeydew/Kiwi		Scooby Grahams	Hummus/Whl Wheat Crackers		
9/25	Wk 3	9/26	9/27	9/28	9/29
Unsweetened Cereal Diced Peaches		Scrambled Eggs Whole Wheat Toast Fresh Red Grapes	Oatmeal Warm Apple Slices	Blueberry Bagel Half Mandarin Oranges	Whole Grain Pancake Applesauce
Baked Cheesy Ziti Cucumber Slices/Creamy Italian Dressing Watermelon		Homemade Chicken Sliders Roasted Zucchini Sticks/Russian Dressing Cantaloupe Cubes	Baked Tilapia Au Gratin Potatoes Fresh Strawberries	Steak Soup Green Salad w/Russian Dressing Cornbread	Hawaiian Chicken Brown Rice Seasoned Baby Carrots Pineapple Tidbits Challah
Fresh Orange Wedges		Soft Pretzel Bites/Honey Mustard	Yogurt/Granola	Cereal Snack Mix	Fresh Banana