

EC Menus January 2017

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
1/2 Wk 3	1/3	1/4	1/5	1/6
Unsweetened Cereal Diced Pears	English Muffin Half/Margarine Mixed Fruit	Fruit Oat Granola Banana Half	Whole Grain Bagel Half/White Amer. Cheese Fresh Red Grapes	French Toast Sticks Apricot Halves
Tomato Rice Soup Toasted Cheese Dippers Honeydew Cubes	<u>Taco Tuesday</u> Seasoned Taco Meat Shredded Lettuce Diced Tomatoes/Salsa Flour Tortilla Fresh Orange Wedges	Baked Tilapia Rainbow Rice* *carrots, red pepper , spinach Green Beans Diced Peaches	Homemade Meatballs Rotini Pasta Seasoned Carrots Diced Pears	Orange Drumsticks Orzo Pilaf Sweet Peas Tropical Fruit Challah
Graham Cracker/Applesauce	Fresh Apple Wedges	Vanilla Yogurt/Tropical Fruit	Pretzels	Baby Carrots/Russian Dressing
1/9 Wk 4	1/10	1/11	1/12	1/13
Unsweetened Cereal Diced Pears	Whole Wheat Toast (1/2) Scrambled Eggs/Red Pepper Apricot Halves	Oatmeal w/Apple Slices	Biscuit (1)/Margarine Fresh Red Grapes	Whole Grain Waffle/Syrup Banana Half
Pizza Bagel Zucchini Rounds/Ranch Dressing Fresh Orange Wedges	Homemade Turkey Meatballs Veggie Brown Rice Pineapple Tidbits	Broccoli Cheese Frittata Whole Green Beans Diced Peaches	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

EC Menus January 2017

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
1/16 Wk 5	1/17	1/18	1/19	1/20
Unsweetened Cereal Diced Peaches	Whole Grain Toast (1) Applesauce	Unsweetened Cereal Banana Half	French Toast Sticks (2) Honeydew Cubes	Whole Grain Bagel Half/ Cream Cheese Tropical Fruit
Mexican Pizza Shredded Lettuce Diced Tomatoes Salsa Orange Wedges	Hamburger/Bun French Fries Diced Peaches	Tomato Soup Tuna Salad Pretzel Bread Sticks Apple Wedges	Stir Fry Green Rice, Eggs, Smoked Turkey Cherry Tomato Halves Diced Pears	Homemade Chicken Nuggets/Honey Mustard Baked Sweet Potatoes Cinn. Apple Slices Challah
Vanilla Yogurt/ Cantaloupe Cubes	Zucchini Bread	Cheese Crackers	Baby Carrots w/Russian Dressing	Mandarin Oranges/Pineapple Tidbits
1/23 Wk 1	1/24	1/25	1/26 Chinese New Year	1/27
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	<u>Taco Tuesday</u> Seasoned Taco Meat Shredded Lettuce Diced Tomatoes/Salsa Flour Tortilla Fresh Orange Wedges	Hot Cheese Slider Roasted Veggies Mandarin Oranges	Pasta Shells and Meat Sauce Green Salad/Caesar Dressing Fresh Pear	Chicken Drumstick Seasoned Potato Wedges Tropical Fruit Challah
Fresh Apple Slices/Soy Butter	Cereal Snack Mix	Honeydew Cubes	Tropical Fruit	Pretzel Sticks/Honey Mustard Dip

EC Menus January 2017

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
1/30 Wk 2	1/31			
Unsweetened Cereal Diced Peaches	Biscuit (1)/Margarine Honeydew Cubes			
Pizza Bagel Carrot Sticks/Creamy Italian Dip Pineapple Tidbits	Teriyaki Chicken Fried Rice Green Beans Tropical Fruit Pineapple Juice			
Vanilla Yogurt/Fruit Granola	Graham Crackers/Applesauce			