

EC Menus February 2018

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 3			2/1	2/2
			Whole Grain Biscuit Mandarin Oranges	Whole Grain Pancake Diced Pears
			Meatballs & Gravy Brown Rice Roasted Zucchini & Carrots Tropical Fruit	Chicken Drums Baked Sweet Potatoes Warm Apple Slices Challah
			Cereal Snack Mix	Fresh Banana
2/5	2/6	2/7	2/8	2/9
Wk 4				
Unsweetened Cereal Diced Peaches	Whole Grain Bagel/Cream Cheese Tropical Fruit	Unsweetened Cereal Fresh Banana	Whole Grain Pancake Cinnamon Applesauce	Whole Wheat Toast/Sun Butter Pineapple Tidbits
Vegetable Orzo Soup Tuna Salad Wheat Crackers Fresh Red Grapes	Taco Seasoned Beef Lettuce/Diced Tomatoes Flour Tortilla Fresh Apple Wedges	Pizza Bagel Caesar Salad Mixed Fruit	Teriyaki Chicken Lo Mein Cucumber Slices w/Asian Dip Fresh Oranges Slices	Turkey/Gravy Mashed Potatoes Diced Peaches Challah
Vanilla Yogurt/Granola	Animal Crackers	Carrot Fries/Russian Dressing	Soft Pretzel Bites/Ranch Dip	Fresh Red Grapes

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Monday		Tuesday	Wednesday	Thursday	Friday
2/12	Wk 5	2/13	2/14	2/15	2/16
Unsweetened Cereal Strawberries		Whole Wheat English Muffin Half Apricots	Unsweetened Cereal Fresh Banana	Blueberry Bagel Applesauce	Whole Wheat Bread(1) Hard Boiled Egg Pineapple Tidbits
Mac and Cheese Roasted Whole Green Beans Tropical Fruit		Chili French Fries Applesauce Cornbread	Cheese Quesadilla/Salsa Corn on the Cob Honeydew	Deli Turkey Red Pepper Hummus Whole Wheat Bread Fresh Orange Wedges	Homemade Breaded Chicken Strips Honey Mustard Seasoned Baby Carrots Fresh Red Grapes Challah
Scooby Grahams		Diced Peaches	Cereal Snack Mix	Cheese Squares Whole Wheat Crackers	Fresh Apple Wedges
2/19	Wk 1	2/20	2/21	2/22	2/23
Closed Professional Development Day		Whole Grain Biscuit Mixed Fruit	Unsweetened Cereal Fresh Banana	French Toast Strawberries	Whole Grain Bagel/Cream Cheese Fresh Orange Wedges
		Pasta Shells & Meat Sauce Broccoli w/Ranch Diced Pears	Cheesy Scrambled Eggs Hash Brown Potatoes Fresh Red Grapes Whole Grain Biscuit	Turkey/Gravy Mashed Potatoes Green Beans Whl Wht Dinner Roll	Honey Glazed Chicken Drums Roasted Zucchini Slices Tropical Fruit Challah
		Carrot Fries w/Taco Dip	Soft Pretzel Bites/ Honey Mustard Dip	Fresh Pear	Yogurt/Oat Granola

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2/26	Wk 2	2/27	2/28		
Unsweetened Cereal Pineapple Tidbits	Whl Wht Toast/Sun Butter Mixed Fruit	Unsweetened Cereal Fresh Banana	Blueberry Bagel Applesauce	Whole Wheat English Muffin Half Diced Peaches	
Cheese Pizza Green Salad w/Ranch Fresh Apples & Grapes	Hamburger on Slider Bun French Fries Carrot Pineapple Slaw	Minestrone Soup Tuna Tortillas Fresh Oranges Wedges	Homemade Chicken Fajita Strips Mexican Rice Sweet Corn Pineapple Tidbits	Homemade BBQ Meatloaf Oven Brown Potatoes Mandarin Oranges Challah	
Fresh Orange Wedges	Applesauce/Graham Cracker	Sun Butter/Whl Wht Crackers	Oat Granola	Tropical Fruit	