

# EC Menus October 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
<b>10/2</b> Wk 4	<b>10/3</b>	<b>10/4</b>	<b>10/5</b>	<b>10/6</b>
Unsweetened Cereal Diced Peaches	<b>Whole Grain Bagel</b> /Cream Cheese Tropical Fruit	Unsweetened Cereal <b>Fresh Banana</b>	<b>Whole Grain Pancake</b> Strawberries	<b>Whole Wheat Toast/Sun Butter</b> Pineapple Tidbits
Pizza Pasta Roasted Green Beans <b>Fresh Red Grapes</b>	<u>Taco Tuesday</u> Taco Seasoned Beef <b>Lettuce/Diced Tomatoes</b> Flour Tortilla <b>Fresh Apple Wedges</b>	Cheesy Scrambled Eggs Hash Brown Potatoes Mandarin Oranges, <b>Apples</b> , Cranberry Salad <b>Whole Grain Biscuit</b>	Sweet & Sour Chicken <b>Brown Rice Pilaf</b> <b>Stir Fry Veggies</b> <b>Fresh Orange Wedges</b>	Turkey/Gravy <b>Mashed Potatoes</b> Diced Peaches Challah
Vanilla Yogurt/ <b>Granola</b> *	Animal Crackers	<b>Carrot Fries</b> /Russian Dressing	Applesauce/Graham Cracker	<b>Fresh Pear</b>
<b>10/9</b> Wk 5	<b>10/10</b>	<b>10/11</b>	<b>10/12</b>	<b>10/13</b>
Unsweetened Cereal Strawberries	<b>Whole Wheat English Muffin Half</b> Apricots	Unsweetened Cereal <b>Fresh Banana</b>	Blueberry Bagel Applesauce	<b>Whole Wheat Bread(1)</b> <b>Hard Boiled Egg</b> Pineapple Tidbits
<b>Baked Potato Bites</b> Meatless Chili Shredded Cheese <b>Honeydew/Kiwi</b> Mini Pretzel Stick	Rotini & Homemade Meatballs <b>Cucumber Slices w/Ranch</b> Diced Pears	Baked Tilapia <b>Rainbow Rice</b> Tropical Fruit	Deli Turkey Hummus <b>Whole Wheat Pita</b> <b>Fresh Orange Wedges</b>	Homemade Breaded Chicken Strips Honey Mustard Green Beans <b>Fresh Red Grapes</b> Challah
<b>Scooby Grahams</b>	<b>Cheese Squares</b> Whole Wheat Crackers	<b>Cantaloupe Cubes</b>	Cereal Snack Mix	Diced Peaches

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Monday		Tuesday	Wednesday	Thursday	Friday
10/16	Wk 1	10/17	10/18	10/19	10/20
Oatmeal Diced Peaches		Whole Grain Biscuit Fresh Cantaloupe Cubes	Unsweetened Cereal Fresh Banana	French Toast Applesauce	Whole Grain Bagel/Cream Cheese Fresh Orange Wedges
Hot Cheese Sliders Roasted Veggies Fresh Apple Wedges		Taco Tuesday Taco Seasoned Beef Lettuce/Diced Tomatoes Flour Tortilla Mandarin Oranges	Pizza Bagel Caesar Salad Fresh Red Grapes	Homemade Turkey Burgers Sweet Potato Wedges Pineapple Tidbits Whole Wheat Bun	Honey Glazed Chicken Drums Sweet Peas Tropical Fruit Challah
Animal Crackers		Mixed Fruit	Carrot Fries w/Taco Dip	Soft Pretzel Bites/ Honey Mustard Dip	Yogurt/Strawberries
10/23	Wk 2	10/24	10/25	10/26	10/27
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 Texas Rice Roasted Red Peppers Pineapple Tidbits	Homemade Meatloaf/Gravy Mashed Potatoes Mandarin Oranges Challah
Scooby Grahams		Fresh Pear	Hummus/Whl Wheat Crackers	Cereal Snack Mix	Tropical Fruit

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10/30	Wk 3	10/31	11/1	11/2	11/3
Unsweetened Cereal Diced Peaches		Scrambled Eggs Whole Grain Bagel Half Fresh Red Grapes	Oatmeal Fresh Banana	Whole Grain Biscuit Mandarin Oranges	Whole Grain Pancake Diced Pears
Cream of Tomato Soup Toasted Cheese Dippers Mixed Fruit		Taco Tuesday Taco Seasoned Beef Lettuce/Diced Tomatoes Flour Tortilla Fresh Apple Wedges	Baked Tilapia Au Gratin Potatoes Strawberries	Homemade Glazed BBQ Meatballs Oodles of Noodles Roasted Zucchini & Carrots Tropical Fruit	Chicken Drums Harvest Bake Warm Apple Slices Challah
Fresh Orange Wedges		Soft Pretzel Bites/Ranch Dip	Pimiento Cheese/Whl Wht Crackers	Oat Granola	Fresh Banana