

EC Menus March 2019

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
Week 4				3/1
				Whl Wht Toast/Hard Boiled Egg Half Mixed Fruit
				Seasoned Chicken Drumsticks Sweet Potato Fries Apple Sauce Challah
				Fresh Orange Wedges
3/4 Week 5	3/5	3/6	3/7	3/8
Unsweetened Cereal Diced Pears	French Toast Strawberries	Unsweetened Cereal Banana	Whole Wheat Toast/ Sun Butter Cinnamon Apple Slices	Whole Grain Biscuit Diced Peaches
Cheese Pita Pizza Garden Salad w/ Ranch Dressing Tropical Fruit	Sloppy Joes Corn on the Cob Applesauce Whole Wheat Roll	Scrambled Eggs Roasted Potatoes Fresh Honeydew & Cantaloupe Cubes Belgian Waffle	Chicken Gyros on Pita Bread Lettuce/Cherry Tomatoes Tzatziki Sauce Fresh Red Grapes	Homemade Meatloaf Mashed Potatoes Fresh Orange Wedges Challah
Fresh Apple Wedges	Soft Pretzel Bites	Cheese & Crackers	Snack Mix	Yogurt/Granola

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Monday		Tuesday	Wednesday	Thursday	Friday
3/11	Week 1	3/12	3/13	3/14	3/15
Unsweetened Cereal Diced Pears		Whl Grain English Muffin Sun Butter Mixed Fruit	Unsweetened Cereal Banana	Blueberry Bagel Half Strawberries	French Toast Fresh Cantaloupe Cubes
Vegetarian Chili Cheesy Whl Grain Bagel Half Sweet Corn Fresh Apple Wedges		Vegetable Soup Deli Turkey on Slider Bun Fresh Red Grapes	Cheese Quesadilla/Salsa Roasted Zucchini/Red Pepper Tropical Fruit	Spaghetti w/Meat Sauce Broccoli Fresh Orange Wedges	Honey Glazed Chicken Drumstick Roasted Potatoes Green Beans Challah
Roasted Carrot Sticks w/Russian Dressing		Cheese Crackers/Craisins	Fresh Pear	Hummus/Pita Wedges	Oat Granola
3/18	Week 2	3/19	3/20	3/21 Purim	3/22
Unsweetened Cereal Diced Peaches		Whole Grain Biscuit Mixed Fruit	Oatmeal Banana	Whole Wheat Toast Hard Boiled Egg Half Fresh Orange Wedges	Belgian Waffle Strawberries
Baked Tilapia Au Gratin Potatoes Strawberries Whole Wheat Roll		Sweet & Sour Chicken Seasoned Brown Rice Sweet Peas Pineapple	Pizza Bagel Green Salad w/Tomatoes/Ranch Dressing Diced Peaches	Turkey/Gravy Roasted Vegetables Apples and Cranberries Whole Wheat Roll	Homemade Oven Fried Chicken Strips Seasoned Baby Carrots Fresh Red Grapes Challah
Fresh Honeydew		Fresh Apple Wedges	Soft Pretzel Bites	Hamenstaschen	Whole Grain Bagel Half/ Cr. Cheese

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Monday	Tuesday	Wednesday	Thursday	Friday
3/25	3/26	3/27	3/28	3/29
Unsweetened Cereal Mixed Fruit	Whole Grain Pancake Pineapple Topping	Unsweetened Cereal Banana	Blueberry Bagel Half/Cream Cheese Fresh Cantaloupe	Yogurt Strawberries
Cheesy Macaroni Broccoli w/Russian Dip Diced Peaches	Fajita Chicken Strips Curried Rice Green Beans Mandarin Oranges	White Minestrone Soup Tuna Salad Wheat Crackers Fresh Red Grapes	Hamburger on Whole Wheat Roll French Fries Fruit Cup	Orange Glazed Drumsticks Roasted Zucchini & Red Peppers Tropical Fruit Challah
Soft Pretzel Bites	Fresh Apple Wedges	Whole Grain Crackers/Sun Butter	Fresh Pear	Peaches/Oat Granola

EC Menus Special March 2019

Red-Vegetarian **Green-No red meat** **Blue-No Dairy** **No-Turkey** **Purple-No Eggs**



Milk is served with breakfast and snack Fresh fruit is subject to change depending on availability

Monday	Tuesday	Wednesday	Thursday	Friday
Week 4				3/1
				Whl Wht Toast/Hard Boiled Egg Half Mixed Fruit
				Seasoned Chicken Drumsticks Seasoned Tofu Strips Sweet Potato Fries Apple Sauce Challah
				Fresh Orange Wedges
3/4 Week 5	3/5	3/6	3/7	3/8
Unsweetened Cereal Diced Pears	French Toast Strawberries	Unsweetened Cereal Banana	Whole Wheat Toast/ Sun Butter Cinnamon Apple Slices	Whole Grain Biscuit Diced Peaches
Cheese Pita Pizza Sun Butter/Pita Wedges Garden Salad w/ Ranch Dressing Tropical Fruit	Sloppy Joes Sloppy Tofu Crumbles Sloppy Tofu Crumbles Corn on the Cob Applesauce Whole Wheat Roll	Scrambled Eggs Sun Butter Roasted Potatoes Fresh Honeydew & Cantaloupe Cubes Belgian Waffle	Chicken Gyros on Pita Bread Tofu Gyro on Pita Bread Lettuce/Tomatoes Tzatziki Sauce Fresh Red Grapes	Homemade Meatloaf Seasoned Veggie Patty Seasoned Veggie Patty Mashed Potatoes Fresh Orange Wedges Challah
Fresh Apple Wedges	Soft Pretzel Bites	Cheese & Crackers	Snack Mix	Yogurt/Granola

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Vegetarian Chili Cheesy Whl Grain Bagel Half Sun Butter/Whl Grain Bagel Sweet Corn Fresh Apple Wedges	Vegetable Soup Deli Turkey on Slider Bun Seasoned Tofu on Slider Bun Fresh Red Grapes	Cheese Quesadilla/Salsa Hard Boiled Egg/Tortilla/Salsa Roasted Zucchini/Red Pepper Tropical Fruit	Spaghetti w/Meat Sauce Spaghetti w/Tofu & Sauce Spaghetti w/Tofu & Sauce Broccoli Fresh Orange Wedges	Honey Glazed Chicken Drumstick Seasoned Veggie Patty Roasted Potatoes Green Beans Challah
Roasted Carrot Sticks w/Russian Dressing	Cheese Crackers/Craisins	Fresh Pear	Hummus/Pita Wedges	Oat Granola
3/18 Week 2	3/19	3/20	3/21 Purim	3/22
Unsweetened Cereal Diced Peaches	Whole Grain Biscuit Mixed Fruit	Oatmeal Banana	Whole Wheat Toast Hard Boiled Egg Half Fresh Orange Wedges	Belgian Waffle Strawberries
Baked Tilapia Seasoned Veggie Patty Au Gratin Potatoes Strawberries Whole Wheat Roll	Sweet & Sour Chicken Sweet & Sour Tofu Seasoned Brown Rice Sweet Peas Pineapple	Pizza Bagel Pizza Bagel w/veggie patty crumbles & sauce Green Salad w/Tomatoes/Ranch Dressing Italian Dressing/Italian Dressing Diced Peaches	Turkey/Gravy Seasoned Tofu Roasted Vegetables Apples and Cranberries Whole Wheat Roll	Homemade Oven Fried Chicken Strips Seasoned Tofu Nuggets Seasoned Baby Carrots Fresh Red Grapes Challah
Fresh Honeydew	Fresh Apple Wedges	Soft Pretzel Bites		Whole Grain Bagel Half/ Cr. Cheese

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Cheesy Macaroni Seasoned Tofu & Mac Broccoli w/Russian Dip Diced Peaches	Fajita Chicken Strips Fajita Tofu Strips Curried Rice Green Beans Mandarin Oranges	White Minestrone Soup Tuna Salad Hard Boiled Egg Tuna w/o Mayonnaise Wheat Crackers Fresh Red Grapes	Hamburger on Whole Wheat Roll Veggie Patty on Whole Wheat Roll Veggie Patty on Whole Wheat Roll French Fries Fruit Cup	Orange Glazed Drumsticks Orange Glazed Tofu Slices Roasted Zucchini & Red Peppers Tropical Fruit Challah
Soft Pretzel Bites	Fresh Apple Wedges	Whole Grain Crackers/Sun Butter	Fresh Pear	Peaches/Oat Granola