

# EC Menus October 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
<b>Wk 1</b>	<b>10/1</b>	<b>10/2</b>	<b>10/3</b>	<b>10/4</b>
	<b>Rosh Hashanah Closed</b>	Unsweetened Cereal Diced Peaches	Whole Grain Pancake Honeydew	Whole Wheat Toast Sun Butter Pineapple Tidbits
		Cheesy Scrambled Eggs Roasted Potato Bites Mandarin Oranges, Apples, Cranberry Salad Whole Grain Biscuit	Sweet & Sour Chicken Brown Rice Pilaf Stir Fry Veggies Fresh Orange Wedges	Turkey/Gravy Mashed Potatoes Diced Peaches Challah
		Mixed Fruit	Tropical Fruit	Strawberries
<b>10/7</b>	<b>10/8</b>	<b>10/9</b>	<b>10/10</b>	<b>10/11</b>
<b>Wk 2</b>		<b>Yom Kippur Closed</b>		
Oatmeal Diced Peaches	Whole Grain Biscuit Mixed Fruit		Whole Wheat Toast Scrambled Eggs Tropical Fruit	Belgian Waffle Mandarin Oranges
Baked Potato Bites Vegetarian Chili Shredded Cheese Honeydew Mini Pretzel Stick	Spaghetti & Homemade Meatballs Cucumber Slices w/Ranch Dip Diced Pears		Deli Turkey Hummus Pita Bread Fresh Orange Wedges	Homemade Breaded Chicken Strips Honey Mustard Green Beans Fresh Red Grapes Challah
Snack Mix	Apple Wedges Sunbutter		Fresh Pear	Whole Grain Bagel Half Cream Cheese

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<b>10/14</b> <b>Wk 3</b>	<b>10/15</b>	<b>10/16</b>	<b>10/17</b>	<b>10/18</b>
Unsweetened Cereal Hard Boiled Egg Mixed Fruit	Whole Grain Pancake Pineapple Topping	Unsweetened Cereal Fresh Banana	Cinnamon Raisin Bagel Cream Cheese Fresh Cantaloupe	Yogurt Strawberries Oat Granola
Hot Cheese Sliders Roasted Veggies Fresh Apple Wedges	Homemade Chicken Fajita Strips Texas Rice Roasted Red Peppers Fresh Orange Wedges	Pizza Bagel Fresh Carrot Sticks w/Ranch Dip Honeydew	Homemade Glazed BBQ Meatballs Oodles of Noodles Roasted Zucchini Tropical Fruit	Honey Glazed Chicken Drums Sweet Peas Tropical Fruit Challah
Tropical Fruit	Soft Pretzel Bites	Sun Butter Graham Crackers	Cheese Crackers	Diced Peaches
<b>10/21</b> <b>Wk 4</b>	<b>10/22</b>	<b>10/23</b>	<b>10/24</b>	<b>10/25</b>
Oatmeal Warm Apple Slices	Whole Grain Biscuit Honeydew & Blueberries	Unsweetened Cereal Banana	French Toast Strawberries	Whole Wheat Toast Hard Boiled Egg Mixed Fruit
Cheese Pizza Green Salad w/Caesar Dip Fresh Apples & Grapes	Turkey Tacos Brown Rice Corn Tomato Salsa Fresh Orange Wedges	Minestrone Soup Tuna Salad Fresh Red Grapes Whole Grain Crackers	Mediterranean Chicken Hummus Cherry Tomatoes Fresh Cantaloupe Pita Bread	Homemade Meatballs/Gravy Mashed Potatoes Mandarin Oranges Challah
Pineapple Tidbits	Fruit Cup	Cheese Squares Whole Wheat Bread	Whole Grain Bagel Sun Butter	Diced Peaches & Pears

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Monday		Tuesday	Wednesday	Thursday	Friday
10/28	Wk 5	10/29	10/30	10/31	
Pancakes Strawberries		Cinnamon Whl. Wht Toast Fresh Red Grapes	Unsweetened Cereal Banana	Breakfast Burrito Mandarin Oranges	
Cream of Tomato Soup Toasted Cheese Dippers Mixed Fruit		Taco Spaghetti Mexi Corn Fresh Honeydew	Baked Tilapia Au Gratin Potatoes Strawberries	Hamburger on Slider Bun Baked Beans Pineapple Tidbits	
Cinnamon Bagel Half		Yogurt Pineapple Tidbits	Soft Pretzel Bites	Fresh Pear	

# EC Special Menu October 2019

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



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Monday	Tuesday	Wednesday	Thursday	Friday
Wk 1	10/1	10/2	10/3	10/4
	<b>Rosh Hashanah Closed</b>	Unsweetened Cereal Diced Peaches	Whole Pancakes Honeydew	Whole Wheat Toast Sun Butter Pineapple Tidbits
		Cheesy Scrambled Eggs Scrambled Eggs (no cheese) Sun Butter (no eggs) Roasted Potato Bites Mandarin Oranges, Apples, Cranberry Salad Whole Grain Biscuit	Sweet & Sour Chicken Sweet & Sour Tofu Brown Rice Pilaf Stir Fry Veggies Fresh Orange Wedges	Turkey/Gravy Seasoned Tofu Slices Mashed Potatoes Diced Peaches Challah
		Mixed Fruit	Tropical Fruit	Strawberries
10/7	10/8	10/9	10/10	10/11
Wk 2		<b>Yom Kippur Closed</b>		
Oatmeal Diced Peaches	Whole Grain Biscuit Mixed Fruit		Whole Wheat Toast Scrambled Eggs Tropical Fruit	Belgian Waffle Mandarin Oranges
Baked Potato Bites Vegetarian Chili Shredded Cheese Tofu Crumbles (no cheese) Honeydew Mini Pretzel Stick	Spaghetti & Homemade Meatballs Spaghetti w/Veggie Patty Spaghetti w/Veggie Patty Cucumber Slices w/Ranch Dip Diced Pears		Deli Turkey Seasoned Tofu Slices Hummus Pita Bread Fresh Orange Wedges	Homemade Breaded Chicken Strips Homemade Breaded Tofu Strips Honey Mustard Green Beans Fresh Red Grapes Challah
Snack Mix	Apple Wedges Sunbutter		Fresh Pear	Whole Grain Bagel Half Cream Cheese

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<b>10/14</b> <b>Wk 3</b>	<b>10/15</b>	<b>10/16</b>	<b>10/17</b>	<b>10/18</b>
Unsweetened Cereal Hard Boiled Egg Mixed Fruit	Whole Grain Pancake Pineapple Topping	Unsweetened Cereal Fresh Banana	Cinnamon Raisin Bagel Cream Cheese Fresh Cantaloupe	Yogurt Strawberries Oat Granola
Hot Cheese Sliders <b>Seasoned Tofu Slider</b> Roasted Veggies Fresh Apple Wedges	Homemade Chicken Fajita Strips <b>Homemade Fajita Tofu Strips</b> Texas Rice Roasted Red Peppers Fresh Orange Wedges	Pizza Bagel <b>Sun Butter Bagel (no cheese)</b> Fresh Carrot Sticks w/Ranch Dip Honeydew	Homemade BBQ Meatballs <b>Homemade BBQ Veggie Patty</b> <b>Homemade Glazed BBQ Veggie Patty</b> Oodles of Noodles Roasted Zucchini Tropical Fruit	Honey Glazed Chicken Drums <b>Honey Glazed Tofu Slices</b> Sweet Peas Tropical Fruit Challah
Tropical Fruit	Soft Pretzel Bites	Sun Butter Graham Crackers	Cheese Crackers	Diced Peaches
<b>10/21</b> <b>Wk 4</b>	<b>10/22</b>	<b>10/23</b>	<b>10/24</b>	<b>10/25</b>
Oatmeal Warm Apple Slices	Whole Grain Biscuit Honeydew & Blueberries	Unsweetened Cereal Banana	French Toast Strawberries	Whole Wheat Toast Hard Boiled Egg Mixed Fruit
Cheese Pita Pizza <b>Sun Butter w/Pita Bread (no cheese)</b> Green Salad w/Caesar Dip Fresh Apples & Grapes	Turkey Tacos <b>Veggie Crumble Tacos</b> Brown Rice Corn Tomato Salsa Fresh Orange Wedges	Minestrone Soup Tuna Salad <b>Sun Butter</b> Fresh Red Grapes Whole Grain Crackers	Mediterranean Chicken <b>Mediterranean Tofu</b> Hummus Cherry Tomatoes Fresh Cantaloupe Pita Bread	Homemade Meatballs/Gravy <b>Veggie Patty</b> <b>Veggie Patty</b> Mashed Potatoes Mandarin Oranges Challah
Pineapple Tidbits	Fruit Cup	Cheese Squares Whole Wheat Bread	Whole Grain Bagel Sun Butter	Diced Peaches & Pears

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10/28	Wk 5	10/29	10/30	10/31	
Pancakes Strawberries		Cinnamon Whl. Wht Toast Fresh Red Grapes	Unsweetened Cereal Banana	Breakfast Burrito Mandarin Oranges	
Cream of Tomato Soup Toasted Cheese Dippers Sun Butter on Whole Wheat Bread (no cheese) Mixed Fruit		Taco Spaghetti Spaghetti w/Taco Veggie Crumbles Spaghetti w/Taco Veggie Crumbles Mexi Corn Fresh Honeydew	Baked Tilapia Baked Tofu Au Gratin Potatoes Seasoned Potatoes (no cheese) Strawberries	Hamburger on Slider Bun Veggie Pattie on Slider Bun Veggie Pattie on Slider Bun Baked Beans Pineapple Tidbits	
Cinnamon Bagel Half		Yogurt Pineapple Tidbits	Soft Pretzel Bites	Fresh Pear	