

EC Menus August 2020

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.

Recipes for starred * items are on last menu page.

Fresh fruit is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
8/3 Week 2	8/4	8/5	8/6	8/7
Unsweetened Cereal Hard Boiled Egg Diced Peaches	Bagel/ Cream Cheese Mandarin Oranges	Unsweetened Cereal Banana	Whole Wheat Bread/Sun Butter Pineapple Tidbits	Unsweetened Cereal Fruit Cup
Pizza Bagels Cucumbers & Cherry Tomatoes/Ranch Dressing Tropical Fruit	Strawberry Chicken Salad* Soft Pretzel Stick	Homemade Fish Nuggets Red Beans & Rice Green Beans Honeydew	Hamburger on Slider Bun French Fries Fresh Red Grapes	Homemade Seasoned Chicken Strips Roasted Carrots Watermelon Cubes Challah
Fresh Apple	Sun Butter Whole Wheat Bread	Cheese Crackers Craisins	Diced Pears Oat Granola	Hummus Pita Wedges
8/10 Week 3	8/11	8/12	8/13	8/14
Unsweetened Cereal Tropical Fruit	Mini Muffin Hard Boiled Egg Cinnamon Applesauce	Unsweetened Cereal Banana	Blueberry Bagel/ Cream Cheese Diced Pears	Unsweetened Cereal Fruit Cup
Cheesy Ziti Broccoli Fresh Pear	Orange Chicken Salad* Whole Wheat Croutons	Tuna Veggie Pasta Salad* Honeydew/Red Grapes Whole Grain Crackers	Deli Turkey on Whole Wheat Zucchini Slices/Ranch Dressing Strawberries	Homemade Seasoned Chicken Strips/BBQ Sauce Roasted Sweet Potato Pineapple Tidbits Challah
Soft Pretzel Bites Honey Mustard Dip	Snack Mix* Diced Pears	Yogurt Mixed Fruit	Applesauce Graham Crackers	Peaches Oat Granola

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Monday	Tuesday	Wednesday	Thursday	Friday
8/17 Week 1	8/18	8/19	8/20	8/21
Unsweetened Cereal Mandarin Oranges	Zucchini Bread Diced Pears	Unsweetened Cereal Banana	Yogurt Fruit Cup Oat Granola	Unsweetened Cereal Hard Boiled Egg Strawberries
Tuna Salad Cherry Tomatoes White Grapes Whole Grain Bread	Spaghetti & Meatballs Green Beans Cantaloupe	Veggie Cheesy Rice Bowl* Broccoli w/Salsa Dip Fresh Orange	Deli Turkey Hummus Red Pepper Strips Fresh Pear Pita Bread	Homemade Oven Fried Chicken Strips Roasted Potato Bites Tropical Fruit Challah
Blueberry Bagel Cream Cheese	Pineapple Tidbits Graham Crackers	Soft Pretzel Stick Ranch Dip	Toasted Oat Cereal Diced Peaches	Sun Butter/Whole Grain Crackers
8/24 Week 2	8/25	8/26	8/27	8/28
Unsweetened Cereal Hard Boiled Egg Sliced Peaches	Bagel/Cream Cheese Mandarin Oranges	Unsweetened Cereal Banana	Whole Wheat Bread/Sun Butter Pineapple Tidbits	Unsweetened Cereal Fruit Cup
Pizza Bagels Cucumbers & Cherry Tomatoes/Ranch Dressing Tropical Fruit	Strawberry Chicken Salad* Soft Pretzel Stick	Homemade Fish Nuggets Red Beans & Rice Green Beans Honeydew	Hamburger/Whole Wheat Roll French Fries Fresh Red Grapes	Homemade Seasoned Chicken Strips Roasted Carrots Watermelon Cubes Challah
Fresh Apple	Sun Butter Whole Wheat Bread	Cheese Crackers Craisins	Diced Pears/Oat Granola	Hummus Pita Wedges

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Monday	Tuesday	Wednesday	Thursday	Friday
8/31 Week 3				
Unsweetened Cereal Tropical Fruit	Mini Muffin Hard Boiled Egg Cinnamon Applesauce	Unsweetened Cereal Banana	Blueberry Bagel/Cream Cheese Diced Pears	Unsweetened Cereal Fruit Cup
Cheesy Ziti Broccoli Fresh Pear	Orange Chicken Salad* Whole Wheat Croutons	Tuna Veggie Pasta Salad* Honeydew/Red Grapes Whole Grain Crackers	Deli Turkey on Whole Wheat Zucchini Slices/Ranch Dressing Strawberries	Homemade Seasoned Chicken Strips/BBQ Sauce Roasted Sweet Potato Pineapple Tidbits Challah
Soft Pretzel Bites Honey Mustard Dip	Snack Mix* Diced Pears	Yogurt Mixed Fruit	Applesauce Graham Crackers	Peaches Oat Granola

*Strawberry Chicken Salad-items served separately; mixed greens, baked white meat chicken bites, fresh strawberries, mandarin oranges, homemade non-dairy ranch dressing

*Orange Chicken Salad-items served separately; mixed greens, baked white meat chicken bites, mandarin oranges, fresh red grapes, homemade russian dressing

*Snack Mix-toasted oat cereal, cheese crackers, oyster crackers, craisins

*Veggie Pasta Salad-rotini pasta, peas, diced tomatoes, golden Italian dressing

*Veggie Cheesy Rice Bowl-southwestern seasoned brown rice, carrots, black beans, shredded white American cheese

*Strawberry Chicken Salad-items served separately; mixed greens, baked white meat chicken bites, fresh strawberries, mandarin oranges,