

ECC Menus January 2026

Milk served daily w/Breakfast, lunch and snack



Monday	Tuesday	Wednesday	Thursday	Friday	1
January 5 th 2016	January 6	Jan 7	Jan 8	Jan 9	
Puffed Rice Cereal Peaches	Blueberry Muffin (WG) Applesauce	English Muffin (WG) w/ Cheese Sliced Apples	Cherry Muffin (WG) Tropical Fruit	French Toast (WG) Banana	
Spaghetti (WW) Meat Sauce Garlic Bread Italian Green beans Tropical fruit	Tater Tot Potato Bar Veggie Chili w/ Vegan Crumbles Broccoli, Pineapple	Fish Sticks (WG) Sweet Potato fries Cole Slaw Pears	Cheese Quesadillas on Tortilla (WG) Fiesta Corn Mixed Fruit	Chicken Nuggets Creamed Corn Pineapple	
Roasted Carrot Sticks Honey Mustard Pears	Ritz Cheese Crackers Mandarin oranges	Fruit Oatmeal Bar WG Banana	Pizza Balls Fresh Apple Wedges	Yogurt/Fruit Smoothie	

Monday	Tuesday	Wednesday	Thursday	Friday	2
Jan 12	Jan 13	Jan 14	Jan 15	Jan 16	
Corn Flakes Tropical Fruit	Plain Bagel (WG) Cream Cheese Mixed fruit	Biscuit (WG) Cheese slice Mandarin Oranges	Croissant Butter, Jam Banana	Pancake (WG) Banana	
Pot Roast Potato pancakes Chef-Cut Veggies Applesauce	Stuffed Shells Marinara Garlic Bread Green Beans Pineapple	Turkey Sandwich on Wheat Round (WG) Veggie Pasta Salad Sliced Apple	Grilled Cheese on Wheat Bread (WG) Tomato Soup Pear	Chicken Noodle Soup Saltines Mixed Vegetables Pineapple	
Cottage Cheese Crackers (WG) Peaches	Cheese Slice Graham Crackers (WG) Banana	Cheese Pretzel Fresh Melon	Cheese Cornbread (WG) Fresh Apple Wedges	Granola Yogurt	

ECC Menus January 2026

Milk served daily w/Breakfast, lunch and snack



Monday	Tuesday	Wednesday	Thursday	Friday	3
Jan 19	Jan 20	Jan 21	Jan 22	Jan 23	
Oaty o's Cereal Peaches	Blueberry Muffin WG Applesauce	English Muffin (WG) w/Cheese Apples	Plain Bagel (WG) Butter Pear	Waffle (WG) Banana	
Turkey Meatloaf Roasted Potato Green Beans Pears	Cheese Ravioli, Marinara Garlic Bread Peas, Carrots Mixed Fruit	Tuna on Croissant Carrot Salad Pineapple	Mac (WW) and Cheese Mixed Veg Tropical Fruit	Teriyaki Chicken Oriental Vegetables x2 Brown Rice (WG) Challah	
Cheese Slice Ritz Crackers (WG) Mandarin oranges	Roast Carrots, Ranch Banana	Hummus Pita chips	Cottage Cheese Orange Wedges	Strawberry Yogurt	

Monday	Tuesday	Wednesday	Thursday	Friday	4
Jan 26	Jan 27	Jan 28	Jan 29	Jan 30	
Puffed Rice Tropical fruit	Cin Raisin Bread (WG) Cream Cheese Pear	Blueberry Muffin WG Peach	Egg Strata Mixed Fruit	French Toast Banana	
Chicken Schnitzel Sandwich on Roll WG Broccoli, Cauliflower Pineapple	Cheese Pizza Tomato Pasta Salad Mandarin Orange	Fish Tacos Tortilla (WG) Spanish Rice Green beans, Salsa Mixed Fruit	Falafel, Pita Hummus Israeli Salad Applesauce	Chicken Tenders Potato Salad Slaw Tropical Fruit	
Chunky Salsa Tortilla rounds Applesauce	Sun Butter Banana	Ritz Cheese Crackers Fresh Orange Wedges	Oatmeal Fruit Bar WG Fresh Melon	Yogurt w/blueberries	