

## ECC Menus January 2026

Milk served daily w/Breakfast, lunch and snack



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b> <b>1</b>
<b>January 5<sup>th</sup> 2016</b>	<b>January 6</b>	<b>Jan 7</b>	<b>Jan 8</b>	<b>Jan 9</b>
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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b> <b>2</b>
<b>Jan 12</b>	<b>Jan 13</b>	<b>Jan14</b>	<b>Jan 15</b>	<b>Jan 16</b>
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

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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b> <b>3</b>
<b>Jan 19</b>	<b>Jan 20</b>	<b>Jan 21</b>	<b>Jan 22</b>	<b>Jan 23</b>
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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b> <b>4</b>
<b>Jan 26</b>	<b>Jan 27</b>	<b>Jan 28</b>	<b>Jan 29</b>	<b>Jan 30</b>
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