



October 2024

ECE Breakfast MENU

MON	TUES	WED	THURS	FRI
	¹ Turkey Sausage or Veggie Sausage and Cheese Biscuit Orange Juice	² Rice Chex Cereal Banana	³ Egg and Cheese Bagel Fresh Orange	⁴ Apple Overnight Oats Pineapple
⁷ Cinnamon Muffin Round Banana	⁸ Eggoji Waffles Fresh Pear	⁹ Egg and Cheese Tacos Orange Juice	¹⁰ Apple Cinnamon Muffin Square Fresh Orange	¹¹ Pancake Bites Orange Juice
¹⁴ Pumpkin Breakfast Bread Fresh Pear	¹⁵ Egg and Cheese Bagel Orange Juice	¹⁶ Rice Chex Cereal Banana	¹⁷ Turkey Sausage or Veggie Sausage with Egg on Biscuit Fresh Orange	¹⁸ Mini Chicken Sausage Pancake Bites Cinnamon Raisin Bagel with cream cheese Orange Juice
²¹ Blueberry Muffin Top Fresh Pear	²² Egg and Cheese English Muffin Orange Juice	²³ Mini Cinnamon Waffles Banana	²⁴ Banana Muffin Square Fresh Orange	²⁵ Pumpkin Overnight Oats  Pineapple
²⁸ Banana Breakfast Bread Fresh Pear	²⁹ Country Chicken Biscuit Mini Blueberry Waffles Orange Juice	³⁰ Turkey Sausage or Veggie Sausage, Egg & Cheese Breakfast Tacos Apple Juice	³¹ Scrambled Eggs with cheese and English Muffin Fresh Orange	

All Lunches Must Include Choice of: Fruits and/or Vegetable And May Include: 1% Low-Fat Milk

Powering potential.™

Menus are subject to change.



This institution is an equal opportunity provider.



October 2024

ECE Lunch MENU

MON	TUES	WED	THURS	FRI
	1 Spaghetti with Meatballs Spaghetti with vegetarian meat red sauce Roasted Sweet Potato Fresh Orange	2 Cheese Quesadilla Steamed Broccoli Fresh Apple	3 French Toast with Turkey Sausage Or Veggie Sausage Patty Tater Tots Fresh Peach (Sliced)	4 Cheese Pizza Pepperoni Pizza Green Peas Fresh Apple
7 Chicken or Vegetarian Nachos Black Beans Fresh Apple	8 Arroz Con Pollo Grilled Cheese Edamame Fresh Orange	9 Chicken Nuggets with dinner roll Three Cheese Wrap Steamed Broccoli Fresh Apple	10 Cheesy Baked Penne Cucumber Slices Fresh Peach (Sliced)	11 Cheese Pizza Chicken Quinoa Bowl Baby Carrots Fresh Apple
14	15	16	17	18
National School Lunch Week				
Chicken Parmesan with Spaghetti Sunbutter and Jelly Sandwich Roasted Butternut Squash Fresh Apple	Mac and Cheese Green Peas Fresh Orange	Penne Alfredo with Chicken Bean and Cheese Tacos Steamed Broccoli Fresh Apple	Breaded Fish Melt Tofu with Rice Sunbutter Thai Sate Cucumber Slices Mixed Fruit	Cheese Pizza Pepperoni Pizza Baked Beans Fresh Apple
21 Beef or Vegetarian Nachos Black Beans Fresh Apple	22 Chicken Pot Pie Lentil Sloppy Joe Collard Greens Fresh Orange	23 Breaded Chicken Sandwich Sunbutter and Jelly Sandwich Roasted Beets Fresh Apple	24 Chicken and Waffles Vegetarian Chicken Nuggets and Waffles Green Peas Fresh Pear	25 Cheese Pizza Pepperoni Pizza Tater Tots Warm Cinnamon Apples
28 Diced Chicken or Vegetarian Meat Rosa Sauce with Penne Baby Carrots Fresh Apple	29 Bosco Breadsticks with dipping sauce Edamame Fresh Orange	30 Fish Bites with Dinner Roll Sunbutter and Jelly Sandwich Steamed Broccoli Sliced Peaches	31 Country Fried Steak with gravy Mediterranean Grain Bowl Mashed Potatoes Mixed Fruit	

All Lunches Must Include Choice of: Fruits and/or Vegetable And May Include: 1% Low-Fat Milk

Powering potential.™



Menus are subject to change.