

# June & July 2024 ECE Breakfast Menu



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

24

- Blueberry Patch Parfait
- Orange Slices

25

- Cheesy Scrambled Eggs w/Biscuit
- Pineapple Tidbits

26

- Berry Blast Oatmeal
- Banana

27

- French Toast Sticks w/Syrup
- Frozen Blueberries

28

- Breakfast Burrito
- Apple Slices

Jul 1

- Oatmeal w/Strawberries **VE**
- Frozen Blueberries

2

- Blueberry Mini Waffles or Maple Mini Waffles
- Apple Slices

3

- Whole Grain Bagel w/Cream Cheese
- Watermelon Cubes

4

- **No School**

5

- **No School**

8

- Blueberry Patch Parfait
- Orange Slices

9

- Cheesy Scrambled Eggs w/Biscuit
- Pineapple Tidbits

10

- Berry Blast Oatmeal
- Banana

11

- French Toast Sticks w/Syrup
- Frozen Blueberries

12

- Breakfast Burrito
- Apple Slices

15

- Oatmeal w/Strawberries **VE**
- Frozen Blueberries

16

- Blueberry Mini Waffles
- Apple Slices

17

- Whole Grain Bagel w/Cream Cheese
- Watermelon Cubes

18

- Breakfast Bowl w/Scrambled Eggs, potatoes, Cheese and Biscuit
- Applesauce

19

- Vanilla Yogurt or Strawberry Yogurt w/Graham Crackers or Granola
- Banana

For an interactive menu a nutrient information, please visit us on [dcps.sodexomyway.com](http://dcps.sodexomyway.com)

**Offered Daily:**  
Skim or 1% Milk

Assorted Cereals:  
Cheerios, Rice Chex, Chex,  
Cinnamon Toast Crunch

All ECE breakfast options are  
vegetarian

**VE – Vegan**  
**Local**

All grains are whole grain rich

# July & August 2024 ECE Breakfast Menu



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

22

- Blueberry Patch Parfait
- Orange Slices

23

- Cheesy Scrambled Eggs w/Biscuit
- Pineapple Tidbits

24

- Berry Blast Oatmeal
- Banana

25

- French Toast Sticks w/Syrup
- Frozen Blueberries

26

- Breakfast Burrito
- Apple Slices

29

- Oatmeal w/Strawberries **VE**
- Frozen Blueberries

30

- Blueberry Mini Waffles
- Apple Slices

31

- Whole Grain Bagel w/Cream Cheese
- Watermelon Cubes

Aug 1

- Breakfast Bowl w/Scrambled Eggs, potatoes, Cheese and Biscuit
- Applesauce

2

- Vanilla Yogurt or Strawberry Yogurt w/Graham Crackers or Granola
- Banana

5

- Blueberry Patch Parfait
- Orange Slices

6

- Cheesy Scrambled Eggs w/Biscuit
- Pineapple Tidbits

7

- Berry Blast Oatmeal
- Banana

8

- French Toast Sticks w/Syrup
- Frozen Blueberries

9

- Breakfast Burrito
- Apple Slices

12

- Oatmeal w/Strawberries **VE**
- Frozen Blueberries

13

- Blueberry Mini Waffles or Maple Mini Waffles
- Apple Slices

14

- Whole Grain Bagel w/Cream Cheese
- Watermelon Cubes

15

- Breakfast Bowl w/Scrambled Eggs, potatoes, Cheese and Biscuit
- Applesauce

16

- Vanilla Yogurt or Strawberry Yogurt w/Graham Crackers or Granola
- Banana

**Offered Daily:**  
Skim or 1% Milk

**All ECE breakfast options are vegetarian**

**For an interactive menu a nutrient information, please visit us on [dcps.sodexomyway.com](https://dcps.sodexomyway.com)**

Assorted Cereals:  
Cheerios, Rice Chex, Cinnamon Chex, Cinnamon Toast Crunch, Frosted Mini Wheats

**VE – Vegan Local**

**All Grains are whole grain rich**

Assorted Muffins:  
Apple, Blueberry

# June & July 2024 ECE Lunch



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

24

- Turkey & Cheese Sandwich
- Egg Salad Sandwich **V**
- Cucumber Coins w/Ranch
- Applesauce

25

- Cheeseburger w/ lettuce, tomato & pickle
- Veggie Burger **V**
- Sweet Potato Wedges w/Ketchup
- Orange Slices

26

- Nacho Bar with Ground Turkey Nachos or Bean & Cheese Nachos **V**
- Salsa
- Aztec Corn
- Assorted Fruit Cup

27

- Chicken Caesar Wrap
- Hummus Wrap **V**
- Bell Peppers w/Ranch
- Banana

28

- Lasagna Roll Up **V**
- Baked Penne Alfredo **V**
- Roasted Broccoli
- Frozen Blueberries

Jul 1

- Philly Cheesesteak Rice Bowl
- Grilled Cheese **V** Sandwich
- Roasted Green Peppers & Onions
- Orange Slices

2

- Tuna Salad Sandwich
- Sunbutter & Jelly Sandwich **VE**
- Three Bean Salad
- Assorted Fruit Cup

3

- Glorious Mac & Cheese **V** w/Breadstick
- French Toast Sticks w/ Turkey Sausage Patty
- Potato Wedges w/Ketchup
- Applesauce

4

- **No School**

5

- **No School**

8

- Turkey & Cheese Sandwich
- Egg Salad Sandwich **V**
- Cucumber Coins w/Ranch
- Applesauce

9

- Cheeseburger w/ lettuce, tomato & pickle
- Veggie Burger **V**
- Sweet Potato Wedges w/Ketchup
- Orange Slices

10

- Nacho Bar with Ground Turkey Nachos or Bean & Cheese Nachos **V**
- Salsa
- Aztec Corn
- Assorted Fruit Cup

11

- Chicken Caesar Wrap
- Hummus Wrap **VE**
- Bell Peppers w/Ranch
- Banana

12

- Lasagna Roll Up **V**
- Baked Penne Alfredo **V**
- Roasted Broccoli
- Frozen Blueberries

15

- Philly Cheesesteak Rice Bowl
- Grilled Cheese **V** Sandwich
- Roasted Green Peppers & Onions
- Orange Slices

16

- Tuna Salad Sandwich
- Sunbutter & Jelly Sandwich **VE**
- Three Bean Salad
- Assorted Fruit Cup

17

- Glorious Mac & Cheese **V** w/Breadstick
- French Toast Sticks w/ Turkey Sausage Patty
- Potato Wedges w/Ketchup
- Applesauce

18

- Chicken Quesadilla
- Bean & Cheese Burrito **V**
- Salsa
- Corn
- Banana

19

- Veggie Burger **V**
- Veggie Chili **VE**
- Collard Greens
- Frozen Blueberries

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**Assorted Fruit Cups Include:**  
Applesauce, mandarin oranges, pineapple, pears, peaches or mixed fruit salad

**VE – Vegan  
V- Vegetarian  
Local**

Skim or 1% hormone free milk offered at every meal

All Grains are whole grain rich

# July & August 2024 ECE Lunch



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

22

- Turkey & Cheese Sandwich
- Egg Salad Sandwich **V**
- Cucumber Coins w/Ranch
- Applesauce

23

- Cheeseburger w/ lettuce, tomato & pickle
- Veggie Burger **V**
- Sweet Potato Wedges w/Ketchup
- Orange Slices

24

- Nacho Bar with Ground Turkey Nachos or Bean & Cheese Nachos **V**
- Salsa
- Aztec Corn
- Assorted Fruit Cup

25

- Chicken Caesar Wrap
- Hummus Wrap **V**
- Bell Peppers w/Ranch
- Banana

26

- Lasagna Roll Up **V**
- Baked Penne Alfredo **V**
- Roasted Broccoli
- Frozen Blueberries

29

- Philly Cheesesteak Rice Bowl
- Grilled Cheese **V** Sandwich
- Roasted Green Peppers & Onions
- Orange Slices

30

- Tuna Salad Sandwich
- Sunbutter & Jelly Sandwich **VE**
- Three Bean Salad
- Assorted Fruit Cup

31

- Glorious Mac & Cheese **V** w/Breadstick
- French Toast Sticks w/ Turkey Sausage Patty
- Potato Wedges w/Ketchup
- Applesauce

Aug 1

- Chicken Quesadilla
- Bean & Cheese Burrito **V**
- Salsa
- Corn
- Banana

2

- Veggie Burger **V**
- Veggie Chili **V**
- Collard Greens
- Frozen Blueberries

5

- Turkey & Cheese Sandwich
- Egg Salad Sandwich **V**
- Cucumber Coins w/Ranch
- Applesauce

6

- Cheeseburger w/ lettuce, tomato & pickle
- Veggie Burger **V**
- Sweet Potato Wedges w/Ketchup
- Orange Slices

7

- Nacho Bar with Ground Turkey Nachos or Bean & Cheese Nachos **V**
- Salsa
- Aztec Corn
- Assorted Fruit Cup

8

- Chicken Caesar Wrap
- Hummus Wrap **V**
- Bell Peppers w/Ranch
- Banana

9

- Lasagna Roll Up **V**
- Baked Penne Alfredo **V**
- Roasted Broccoli
- Frozen Blueberries

12

- Philly Cheesesteak Rice Bowl
- Grilled Cheese **V** Sandwich
- Roasted Green Peppers & Onions
- Orange Slices

13

- Tuna Salad Sandwich
- Sunbutter & Jelly Sandwich **VE**
- Three Bean Salad
- Assorted Fruit Cup

14

- Glorious Mac & Cheese **V** w/Breadstick
- French Toast Sticks w/ Turkey Sausage Patty
- Potato Wedges w/Ketchup
- Applesauce

15

- Chicken Quesadilla
- Bean & Cheese Burrito **V**
- Salsa
- Corn
- Banana

16

- Veggie Burger **V**
- Veggie Chili **V**
- Collard Greens
- Frozen Blueberries

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**Assorted Fruit Cups Include:**  
Applesauce, mandarin oranges, pineapple, pears, peaches or mixed fruit salad

**VE – Vegan**  
**V- Vegetarian**  
**Local**

Skim or 1% hormone free milk offered at every meal

All Grains are whole grain rich