

MARCH 2017 ECC Menu

AM Snack Milk served with snack	6 Cheerios cereal Fresh fruit	7 Oatmeal Fresh fruit	8 Wheat bagels Fresh fruit	9 Rice krispies Fresh fruit	10 Challah bread fresh fruit
LUNCH Milk served with lunch	Fish Sticks Brown rice, peas & carrots Pineapple	Pierogi Casserole yogurt, corn, applesauce	Pasta w Meat Sauce Green beans, peaches Apple Juice	Scrambled eggs Roast potatoes, wheat bread, fruit cocktail	Pizza Mixed veggies Pears
PM Snack Water served with snack	Chex mix Fresh fruit	Cucumbers, mini carrots Ranch dress., breadsticks	Ritz crackers Fresh fruit	Pretzels Orange juice	Cheese crackers Fresh fruit
AM Snack Milk served with snack	13 Cheerios cereal Fresh fruit	14 Oatmeal Fresh fruit	15 Corn Flakes Fresh fruit	16 Rice krispies Fresh fruit	17 Challah bread fresh fruit
LUNCH Milk served with lunch	Toasted Cheese Sammy Tomato noodle soup Pineapple	Mac and cheese Corn applesauce	Chicken Cacciatore Brown rice, green beans Apple Juice	Scrambled eggs Roast potatoes, wheat bread, fruit cocktail	Pizza Mixed veggies Pears
PM Snack Water served with snack	Chex mix Fresh fruit	Cucumbers, mini carrots Ranch dress., breadsticks	Ritz crackers Fresh fruit	Pretzels Orange juice	Cheese crackers Fresh fruit
AM Snack Milk served with snack	20 Cheerios cereal Fresh fruit	21 Oatmeal Fresh fruit	22 Wheat bagels Fresh fruit	23 Rice krispies Fresh fruit	24 Challah bread fresh fruit
LUNCH Milk served with lunch	Veggie lo mein Lo fat yogurt Pineapple	Cheese Lasagna Green beans applesauce	Hot Dogs Corn, bun, peaches, Apple Juice	Scrambled eggs Roast potatoes, wheat bread, fruit cocktail	Pizza Mixed veggies Pears
PM Snack Water served with snack	Chex mix Fresh fruit	Cucumbers, mini carrots Ranch dress., breadsticks	Ritz crackers Fresh fruit	Pretzels Orange juice	Cheese crackers Fresh fruit
AM Snack Milk served with snack	27 Cheerios cereal Fresh fruit	28 Oatmeal Fresh fruit	29 Corn flakes Fresh fruit	30 Rice krispies Fresh fruit	31 Challah bread fresh fruit
LUNCH Milk served with lunch	Pasta w Marinara Sauce Cottage cheese, green beans, pears	Bean & Cheese Quesadilla Brown rice, corn applesauce s	Sloppy Joes Corn, bun, peaches Apple Juice	Scrambled eggs Roast potatoes, wheat bread, fruit cocktail	Pizza Mixed veggies Pears
PM Snack Water served with snack	Chex mix Fresh fruit	Cucumbers, mini carrots Ranch dress., breadsticks	Ritz crackers Fresh fruit	Pretzels Orange juice	Cheese crackers Fresh fruit

***Fresh fruit based on availability. Includes: Bananas, Apples, Red Grapes, Oranges, Watermelon, Cantaloupe**