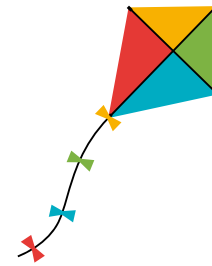




August 2024

ECYC Menu



Intermediate and Up Menu

Mon	Tue	Wed	Thu	Fri
			B = Yogurt Parfait Vegetarian = Vegetarian Nuggets L = Grilled Chicken with Quinoa S = Sun Chips (Plain) 1	B = Cereal Vegetarian = Same L = Pizza, Vegetables S = Fruit 2
B = French Toast Vegetarian = Same L = Baked Ziti S = Cheese cubes with crackers 5	B = Pancakes Vegetarian = Veggie Patty L = Turkey with Gravy, Mashed Potatoes S = Fruit 6	B = Cereal Vegetarian = Cheese wrap/Grilled Cheese L = Turkey & cheese wrap, Macaroni Salad S = Pretzels 7	B = Egg and Sausage Sandwich Vegetarian = Veggie Patty L = Hamburgers S = String Cheese 8	B = Oatmeal Vegetarian = Same L = Pizza Perogies, Vegetables S = Yogurt 9
B = Cereal Vegetarian = Same L = Ravioli with sauce S = Oatmeal Cookies 12	B = Egg Patty and Turkey Sausage links Vegetarian = Veggie nuggets L = Beef Tacos S = Yogurt 13	B = Muffins Vegetarian = Cheese wrap/Grilled Cheese L = Ham & cheese wrap, Three Bean Salad S = Tortilla Chips with salsa 14	B = Pancakes Vegetarian = Veggie Nuggets L = Chicken Nuggets with sweet potato tots S = Fruit 15	B = Yogurt Parfait Vegetarian = Same L = Pizza, Cucumbers with ranch S = Crackers with Apple Butter 16
B = Waffles Vegetarian = Same L = Grilled cheese sandwich S = Fruit 19	B = Croissants Vegetarian = Same L = Spaghetti with sauce S = Carrot sticks with ranch 20	B = Cereal Vegetarian = Same L = Sun Butter and Jelly on Bread, Potato Salad S = String Cheese 21	B = Biscuits Vegetarian = Vegetarian burrito L = Beef Burrito S = Cucumbers with ranch 22	B = Egg & Sausage Sandwich Vegetarian = Same L = Pizza Perogies, Vegetables S = Crackers with Sun Butter 23
B = Bagels Vegetarian = Macaroni and Cheese L = Cheeseburger Casserole S = Fruit 26	B = Oatmeal Vegetarian = Cheese Quesadillas L = Chicken/Cheese Quesadillas S = Vanilla Wafers 27	B = Cereal Vegetarian = Cheese Wrap/Grilled Cheese L = Turkey and cheese wrap, Macaroni Salad S = Pudding 28	B = French Toast Vegetarian = Stir Fried Rice L = Chicken with Rice S = Cheese Cubes with Crackers 29	30 SCHOOL CLOSED

Bread & spaghetti = Whole wheat

Pizza, French toast, and Italian Bread = Whole wheat

Milk = no BGH served at breakfast and lunch

Vegetarian = Vegetarian nuggets, Veggie patty, Macaroni & cheese, Stir fried rice

Cold cuts = 99% fat free/low sodium

S = Snack