



# March 2025

## ECYC Menu



### Intermediate and Up Menu

Mon	Tue	Wed	Thu	Fri
<b>3</b> B= Cereal, Fruit V=Same L=Mac and Cheese, Veggie, Fruit S= Granola Crisps	<b>4</b> B= French Toast, Fruit V= Plant Based Chicken/Rice L= Chicken/Rice, Veggie, Fruit S= Apple Butter/Crackers	<b>5</b> B= Bagels, Fruit V= Cheese Wrap L= Tuna Wrap, Soup S= Goldfish	<b>6</b> B = Cereal, Fruit V = Plant Based Sloppy Joes L = Sloppy Joes S = Craisins	<b>7</b> B = Oatmeal, Fruit V= Same L = Pizza Pierogies S = Blueberry Oat Bars
<b>10</b> B = Cereal, Fruit V= Same L = Baked Ziti, Veggie, Fruit S = Veggie Crackers	<b>11</b> B = Yogurt Parfait V= Veggie Burger L = Beef Burger, Veggie, Fruit S = Applesauce	<b>12</b> B = Raisin Bread, Fruit V= Cheese Wrap L = Turkey Cheese Wrap, Soup S = Cheddar Cheese w/ Crackers	<b>13</b> B = Cereal, Fruit V=Plant Based Chicken Tenders L = Chicken Tenders, Veggie, Fruit S = Fig Newtons	<b>14</b> B = Egg Bites, Fruit V= Same L = Pizza, Veggie, Fruit S = Yogurt
<b>17</b> B = Cereal, Fruit V= Same L = Spaghetti, Sauce, Veggie, Fruit S = Carrots w/ Ranch	<b>18</b> B = Egg w/ Turkey Sausage V= Cheese Quesadilla L = Chicken Quesadilla, Plantains, Fruit S = String Cheese/ Crackers	<b>19</b> B = Biscuits V= Cheese Wrap, Soup L = Ham and Cheese Wrap, Soup, Fruit S = Cheddar Bunnies	<b>20</b> B = Cereal, Fruit V = Plant Based Meatball Sub L = Meatball Sub, Veggie, Fruit S = Craisins	<b>21</b> B = Oatmeal, Fruit V= Same L = Pizza Perogies, Veggie, Fruit S = Apple Oat Bars
<b>24</b> B= Cereal, Fruit V= Same L= Tortellini, Veggie, Fruit S= Sunbutter w/ Crackers	<b>25</b> B = Egg Bites, Fruit V= Same L = Fish Sticks, Tots, Veggie, Fruit S = Yogurt	<b>26</b> B = Yogurt Parfait, Fruit L= Sunbutter & Jelly Sandwich, Fruit S = Cinnamon Crisps	<b>27</b> B = Cereal, Fruit V= Plant Chicken Nuggets L = Chicken Nuggets, Veggie, Fruit S = Cheddar Cheese w/ Crackers	<b>28</b> B = Bagels, Fruit V= Same L = Pizza, Veggie, Fruit S = Pudding
<b>31</b> B= Cereal, Fruit V= Same L= Ravioli, Veggie, Fruit S= No Nut Granola Snacks				

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