



May 2025

ECYC Menu

Intermediate and Up Menu



Mon	Tue	Wed	Thu	Fri
			B = Oatmeal, Fruit V = Cheese Wrap L = Turkey Wrap, Veggie, Fruit S = Cheddar Cheese w/ Crackers	B = Cereal, Fruit V= Same L = Pizza Pierogies, Veggie, Fruit S = Craisins
B = Cereal, Fruit V= Same L = Tortellini, Veggie, Fruit S = Sunbutter and Crackers	B = Egg Bites, Fruit V= Veggie Burger L = Hamburger, Veggie, Fruit S =Oat Bar	B = Muffins, Fruit V= Plant Based Nuggets L = Chicken Nuggets, Veggie, Fruit S = String Cheese and Crackers	B = Bagels, Fruit V= Same L = Sunbutter, Jelly, Veggie, Fruit S = Yogurt	B = Cereal, Fruit V= Same L = Pizza, Veggie, Fruit S = Goldfish
B = Cereal, Fruit V= Same L = Ravioli, Veggie, Fruit S = Granola Crisps	B = Apple Pancakes, Fruit V= Plant Based Taco L = Taco, Veggie topping, Plantains, Fruit S = Fig Newtons	B = Grits, Fruit V= Plant Based Chicken L = Chicken w/Gravy, Rice, Veggie, Fruit S = Apple Butter w/ Crackers	B = Yogurt Parfait V = Cheese Wrap L = Chicken Salad, Veggie, Fruit S = Oat Bars	B = Cereal, Fruit V= Same L = Fish Sandwich, Veggie, Fruit S = Graham Crackers
B= Cereal, Fruit V= Same L= Pasta w/ Alfredo, Veggie, Fruit S= Pudding	B = Waffles, Fruit V= Vegetarian Chili L = Turkey Chili, Rice, Veggie, Fruit S = Fig Newtons	B = Egg Bites, Fruit V= Plant Based Sloppy Joe L= Sloppy Joes, Veggie, Fruit S = Craisins	B = Raisin Bread, Fruit V= Same L = Tuna Salad, Veggie, Fruit S = String Cheese w/ Crackers	B = Cereal, Fruit V= Same L = Pizza Pierogies, Veggie, Fruit S = Apple Butter w/ Crackers
CLOSED	B= Cereal, Fruit V= Same L= Mac and Cheese, Veggie, Fruit S= Yogurt	B= Oatmeal V= Cheese Quesadilla L= Chicken Quesadilla, Veggie, Fruit S= Cinnamon Crisps	B= Biscuits, Fruit V= Cheese Wrap L= Ham and Cheese Wrap, Veggie, Fruit S= Cheddar Cheese & Crackers	B= Cereal, Fruit V= Same L= Pizza, Veggie, Fruit S= Applesauce

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