



# August 2025

## ECYC Menu

Intermediate and Up Menu



| Mon  | Tue  | Wed   | Thu   | Fri  |
|--|--|---|---|--|
|  |  |   |   | B = Cereal, Fruit<br>V= Same<br>L = Pizza Pierogies, Veggie, Fruit<br>S = Shortbread Cookies     |
| B = Cereal, Fruit<br>V= Same<br>L = Pasta Alfredo, Veggie, Fruit<br>S = Pudding                    | B = Biscuits, Fruit<br>V= PB Chicken w/Rice<br>L =Chicken w/ Rice, Veggie, Fruit<br>S =Fig Newtons               | B = French Toast Stix, Fruit<br>V= PB Burrito<br>L = Burrito, Plantains, Fruit<br>S = Craisins                              | B = Croissants, Fruit<br>V= Same<br>L = Tuna Wrap, Veggie or Salad, Fruit<br>S = String Cheese w/ Crackers        | B = Cereal, Fruit<br>V= Same<br>L = Pizza, Veggie, Fruit<br>S = Yogurt                           |
| B = Cereal, Fruit<br>V= Same<br>L = Baked Ziti, Veggie, Fruit<br>S = Apple Butter w/ Crackers      | B = Bagels, Fruit<br>V= PB Tenders<br>L = Chicken Tenders, Veggie, Fruit<br>S = Cheddar Bunnies                  | B = Egg Bites, Fruit<br>V= PB Meatballs<br>L = Meatball Sub, Veggie, Fruit<br>S = Granola Crisps                            | B = Muffins, Fruit<br>V= Same<br>L = Sun Butter & Jelly, Veggie or Salad, Fruit<br>S = Cheddar Cheese w/ Crackers | B = Cereal, Fruit<br>V= Same<br>L = Fish Sandwich, Veggie, Fruit<br>S = Applesauce               |
| B= Cereal, Fruit<br>V= Same<br>L= Mac and Cheese, Veggie, Fruit<br>S= Ice Cream                    | B = Waffle Stix, Fruit<br>V= Same<br>L = Chicken w/ Gravy, Rice, Veggie, Fruit<br>S = Hummus w/ Crackers         | B = Egg Patty w/ Sausage, Fruit<br>V= PB Cheeseburger Casserole<br>L= Cheeseburger Casserole, Veggie, Fruit<br>S = Goldfish | B = Raisin Bread, Fruit<br>V= Cheese Wrap<br>L = Turkey Wrap, Veg or Salad, Fruit<br>S =Cinnamon Crisps           | B = Cereal, Fruit<br>V= Same<br>L = Pizza Pierogies, Veggie, Fruit<br>S = Sun Butter w/ Crackers |
| <b>CAMP ONLY</b><br>B= Cereal, Fruit<br>V= Same<br>L= Tortellini, Veg, Fruit<br>S= Animal Crackers | <b>CAMP ONLY</b><br>B= Muffins, Fruit<br>V= PB Nuggets<br>L= Chicken Nuggets, Tots, Veggie, Fruit<br>S= Oat Bars | <b>CAMP ONLY</b><br>B= Bagels, Fruit<br>V= PB Sloppy Joe<br>L= Sloppy Joe, Veggie, Fruit<br>S= Pudding                      | <b>CAMP ONLY</b><br>B= Cereal, Fruit<br>V= Cheese Wrap<br>L= Ham and Cheese Wrap, Salad, Fruit<br>S= Fig Newtons  | CLOSED FOR CHILDREN  |

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