



July 2025

ECYC Menu

Intermediate and Up Menu



Mon	Tue	Wed	Thu	Fri
	B = Egg Patty w/Sausage, Fruit 1 V= PB Chicken w/ Gravy L = Chicken w/ Gravy, Rice, Veggie, Fruit S=Sunbutter w/ Crackers	B = Pancakes w/ Fruit 2 V= PB Burritos L = Burritos, Plantains, Fruit S = Animal Crackers	B = Yogurt Parfait, Fruit 3 V= Cheese Wrap L = Ham & Cheese, Veggie or Salad, Fruit S = Oat Bars	4 SCHOOL CLOSED
B = Cereal, Fruit 7 V= Same L = Baked Ziti, Veggie, Fruit S = Graham Crackers & Cream Cheese	B = Biscuits w/ Jelly, Fruit 8 V= Cheese Quesadilla L = Chicken Quesadilla, Plantains, Fruit S = Pudding	B = Apple Pancakes, Fruit 9 V= PB Casserole L = Cheeseburger Casserole, Veggie, Fruit S = Fig Newtons	B = Muffins, Fruit 10 V= Same L = Sun Butter w/ Jelly, Veg or Salad, Fruit S = Craisins	B = Cereal, Fruit 11 V= Same L = Pizza Pierogies, Veggie, Fruit S = String Cheese w/ Crackers
B = Cereal, Fruit 14 V= Same L = Spaghetti w/ Sauce, Bread, Veg, Fruit S = Yogurt	B = French Toast Stix, Fruit 15 V= PB BBQ Chicken L = BBQ Chicken, Tots, Veg, Fruit S = Apple Butter w/ Crackers	B = Potato Pancakes w/ Apple 16 Butter, Fruit V= Veggie Burger L = Burger, Veg, Fruit CAMP= Burger, Hot Dogs, Veg, Fruit S = Cheddar Bunnies	B = Bagels, Fruit 17 V= Cheese Wrap L = Tuna Wrap, Veg or Salad, Fruit S = Cinnamon Crisps	B = Cereal, Fruit 18 V= Same L = Pizza, Veggie, Fruit S = Cheddar Cheese w/ Crackers
B= Cereal, Fruit 21 V= Same L= Tortellini, Veg, Fruit S= Applesauce	B = Egg Bites, Fruit 22 V= Plant Based Chicken L = Chicken Patty Sandwich, Veg, Fruit S = Ice Cream	B = Waffle Stix, Fruit 23 V= PB Sloppy Joe L= Sloppy Joe, Veg, Fruit S = Hummus w/ Crackers	B = Raisin Bread, Fruit 24 V= Cheese Wrap L = Turkey Wrap, Veg or Salad, Fruit S = Goldfish	B = Cereal, Fruit 25 V= Same L = Fish Sandwich, Veggie, Fruit S = Granola Crisps
B= Cereal, Fruit 28 V= Same L= Ravioli, Veg, Fruit S= Sunbutter w/ Crackers	B= Egg Patty w/ Sausage, Fruit 29 V= PB Chili L= Turkey Chili, Rice, Veg, Fruit S= Animal Crackers	B= Pancakes, Fruit 30 V= PB Tacos L= Tacos, Toppings, Fruit S= Oat Bars	B= Yogurt Parfait, Fruit 31 V= Cheese Wrap L= Ham and Cheese, Veg or Salad, Fruit S= Graham Crackers	

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