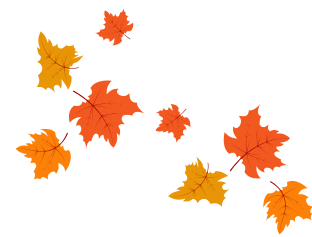




October 2025

ECYC Menu

Intermediate and Up Menu



Mon	Tue	Wed	Thu	Fri
		1 B = Oatmeal, Fruit V= Veggie Burger L = Burgers, Tots, Veggie, Fruit S = Fig Newtons	2 B = Yogurt Parfait, Fruit V= Cheese Wrap L = Ham & Cheese Wrap, Veggie, Fruit S = Oat Bars	3 B = Cereal, Fruit V= Same L = Pizza Pierogies, Veggie, Fruit S =Graham Crackers w/ Cream Cheese
6 B = Cereal, Fruit V= Same L = Baked Ziti, Veggie, Fruit S = Lorna Doones	7 B = French Toast Stix, Fruit V= PB Chicken L =Chicken Tenders, Yams, Fruit S =Craisins	8 B = Biscuits, Fruit V= PB Meatballs L = Meatball Sub, Veggie, Fruit S = String Cheese w/ Crackers	9 B = Bagels, Fruit V= Same L = Sunbutter w/ Jelly, Veggie, Fruit S = Yogurt	10 B = Cereal, Fruit V= Veggie Burger L = Fish Sandwich, Veggie, Fruit S = Apple Butter w/ Crackers
13 B = Cereal, Fruit V= Same L = Mac and Cheese, Veggie, Fruit S = Cheddar Bunny Crackers	14 B = Pancakes, Fruit V= PB Chicken L = Chicken w/ Gravy, Rice, Veggie, Fruit S = Veggie Crisps	15 B = Egg Bites, Fruit V= PB Meat and Cheese Casserole L = Cheeseburger Casserole, Veggie, Fruit S = Cheddar Cheese Crackers	16 B = Muffins, Fruit V= Cheese Wrap L = Tuna Wrap, Veggie, Fruit S = Applesauce	17 B = Cereal, Fruit V= Same L = Pizza, Veggie, Fruit S = Goldfish
20 B= Cereal, Fruit V= Same L= Spaghetti, Bread, Veggie, Fruit S= Cinnamon Crisps	21 B = Waffle Stix, Fruit V= PB Chicken L = Chicken Nuggets, Veggie, Fruit S = Sunbutter w/ Crackers	22 B = Egg Patty w/ Turkey Sausage, Fruit V= PB Meatballs L= Salisbury Steak, Mashed Potatoes, Veggie, Fruit S = Rainbow Sherbert	23 B = Raisin Bread, Fruit V= Cheese Wrap L = Turkey Wrap, Veg, Fruit S =Animal Crackers	24 B = Cereal, Fruit V= Same L = Pizza Pierogies, Veggie, Fruit S = Pudding
27 B= Cereal, Fruit V= Same L= Tortellini, Veggie, Fruit S= Fig Newtons	28 B= Apple Pancakes, Fruit V= Cheese Quesadilla L= Chicken Quesadilla, Plantains, Fruit S= Oat Bars	29 B= Grits, Fruit V= PB Sloppy Joes L= Sloppy Joes, Veggie, Fruit S= Graham Crackers w/ Cream Cheese	30 B= Yogurt Parfait, Fruit V= Cheese Wrap L= Ham & Cheese Wrap, Veggie, Fruit S= Lorna Doones	31 B= Cereal, Fruit V= Veggie Burger L= Fish Sandwich, Veggie, Fruit S= Craisins

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