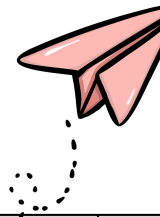




September 2025

ECYC Menu

Intermediate and Up Menu



Mon	Tue	Wed	Thu	Fri
1 CENTER CLOSED	2 B = Cereal, Fruit V= PB Nuggets L = Chicken Nuggets, Veggie, Fruit S = Animal Crackers	3 B = Apple Pancakes, Fruit V= PB Meatballs L = Salisbury Steak, Mashed Potatoes, Veggie, Fruit S = Pudding	4 B = Yogurt Parfait, Fruit V= Cheese Wrap L = Ham & Cheese, Veggie, Fruit S = Fig Newtons	5 B = Cereal, Fruit V= Same L = Pizza, Veggie, Fruit S = Oat Bars
8 B = Cereal, Fruit V= Same L = Spaghetti, Bread, Veggie, Fruit S = Graham Crackers w/ Cream Cheese	9 B = Grits, Fruit V= Cheese Quesadilla L =Chicken Quesadilla. Veggie, Fruit S =Lorna Doones	10 B = Biscuits, Fruit V= PB Sloppy Joe L = Sloppy Joe, Veggie, Fruit S = Craisins	11 B = Bagels, Fruit V= Same/Cheese Wrap L = Tuna, Veggie, Fruit S = String Cheese w/ Crackers	12 B = Cereal, Fruit V= Same/Veggie Burger L = Pizza Pierogies, Veggie, Fruit S = Yogurt
15 B = Cereal, Fruit V= Same L = Tortellini w/ Pesto, Veggie, Fruit S = Apple Butter w/ Crackers	16 B = French Toast Stix, Fruit V= PB BBQ Chicken L = BBQ Chicken w/ Rice, Veggie, Fruit S = Cheddar Bunnies	17 B = Egg Bites, Fruit V= PB Tacos L = Tacos w/ Veggie toppings, Fruit S = Granola Crisps	18 B = Muffins, Fruit V= Same L = Sun Butter & Jelly, Veggie, Fruit S = Cheddar Cheese w/ Crackers	19 B = Cereal, Fruit V= Same L = Fish Sandwich, Veggie, Fruit S = Applesauce
22 B= Cereal, Fruit V= Same L= Ravioli, Veggie, Fruit S= Ice Cream	23 B = Waffle Stix, Fruit V= PB Chicken Patty L = Chicken Patty Sandwich, Veggie, Fruit S = Hummus w/ Crackers	24 B = Egg Patty w/ Turkey Sausage, Fruit V= PB Burrito L= Beef and Bean Burrito, Plantains, Fruit S = Goldfish	25 B = Raisin Bread, Fruit V= Cheese Wrap L = Turkey Wrap, Veg, Fruit S =Cinnamon Crisps	26 B = Cereal, Fruit V= Same L = Pizza, Veggie, Fruit S = Sun Butter w/ Crackers
29 B= Cereal, Fruit V= Same L= Pasta Alfredo, Veggie, Fruit S= Animal Crackers	30 B= Apple Pancakes, Fruit V= Vegetarian Chili L= Turkey Chili, Rice, Fruit S= Pudding			

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