



# November 2025

## ECYC Menu

### Intermediate & Up Menu



Mon	Tue	Wed	Thu	Fri
<b>3</b> B = Cereal, Fruit V = Same L = Ravioli, Veggie, Fruit S = Cinnamon Crisps	<b>4</b> B = French Toast Stix, Fruit V = Veggie Soup L = Soup, Sun Butter, & Jelly S = String Cheese & Crackers	<b>5</b> B = Egg Bites, Fruit V = PB Tacos L = Tacos, Veggie Toppings or Veggie, Fruit S = Yogurt	<b>6</b> B = Bagels, Fruit V = PB Chicken Sandwich L = Chicken Patty Sandwich, Veggie, Fruit S = Apple Butter w/Crackers	<b>7</b> B = Cereal, Fruit V = Same L = Pizza, Veggie, Fruit S = Cheddar Bunnies
<b>10</b> B = Cereal, Fruit V = Same L = Alfredo Pasta, Veggie, Fruit S = Cheddar Cheese w/Crackers	<b>11</b> B = Egg Patty, Turkey Sausage, Fruit V = Veggie Soup, Cheese Wrap L = Soup, Turkey Wrap S = Applesauce	<b>12</b> B = Pancakes, Fruit V = Veggie Burrito L = Beef & Bean Burrito, Plantains, Fruit S = Ice Cream	<b>13</b> B = Muffins, Fruit V = PB Chicken Tenders L = Chicken Tenders, Veggie, Fruit S = Goldfish	<b>14</b> B = Cereal, Fruit V = Same L = Pizza Pierogies, Veggie, Fruit S = Sun Butter w/Crackers
<b>17</b> B = Cereal, Fruit V = Same L = Ziti, Veggie, Fruit S = Granola Crisps	<b>18</b> B = Biscuits V = Veggie Soup L = Soup, Grilled Cheese S = Animal Crackers	<b>19</b> B = Apple Pancakes, Fruit V = PB Meatball Sub L = Meatball Sub, Veggie, Fruit S = Pudding	<b>20</b> B = Raisin Bread, Fruit V = PB Chicken Nuggets L = Chicken Nuggets, Veggie, Fruit S = Fig Newtons	<b>21</b> B = Cereal, Fruit V = Veggie Burger L = Fish Sandwich, Veggie, Fruit S = Oat Bar
<b>24</b> B = Cereal V = Same L = Mac & Cheese, Veggie, Fruit S = Graham Crackers w/Cream Cheese	<b>25</b> B = Grits, Fruit V = PB Chili L = Turkey Chili, Veggie, Fruit S = Craisins	<b>26</b> B = Cereal, Fruit V = PB Nuggets L = Turkey, Gravy, Yams, Cranberry Sauce S = String Cheese w/Crackers	<b>SCHOOL CLOSED</b>	<b>SCHOOL CLOSED</b>

\*Kid Friendly Soups: Chicken Noodle; Chicken & Rice; Tomato & Rice; Alphabet Soup

Bread & Spaghetti = Whole Wheat

Pizza, French Toast, & Italian Bread = Whole Wheat

Milk = no BGH served at breakfast and lunch

V = Vegetarian (Plant-based Nuggets/Patty & Cheese/Sun Butter Sandwich)

PB = Plant-Based

Cold cuts = 99% fat free/low sodium

S = Snack B = Breakfast L = Lunch