



November 2025

ECYC Menu

Intermediate & Up Menu



Mon	Tue	Wed	Thu	Fri
3 B = Cereal, Fruit V = Same L = Ravioli, Veggie, Fruit S = Cinnamon Crisps	4 B = French Toast Stix, Fruit V = Veggie Soup L = Soup, Sun Butter, & Jelly S = String Cheese & Crackers	5 B = Egg Bites, Fruit V = PB Tacos L = Tacos, Veggie Toppings or Veggie, Fruit S = Yogurt	6 B = Bagels, Fruit V = PB Chicken Sandwich L = Chicken Patty Sandwich, Veggie, Fruit S = Apple Butter w/Crackers	7 B = Cereal, Fruit V = Same L = Pizza, Veggie, Fruit S = Cheddar Bunnies
10 B = Cereal, Fruit V = Same L = Alfredo Pasta, Veggie, Fruit S = Cheddar Cheese w/Crackers	11 B = Egg Patty, Turkey Sausage, Fruit V = Veggie Soup, Cheese Wrap L = Soup, Turkey Wrap S = Applesauce	12 B = Pancakes, Fruit V = Veggie Burrito L = Beef & Bean Burrito, Plantains, Fruit S = Ice Cream	13 B = Muffins, Fruit V = PB Chicken Tenders L = Chicken Tenders, Veggie, Fruit S = Goldfish	14 B = Cereal, Fruit V = Same L = Pizza Pierogies, Veggie, Fruit S = Sun Butter w/Crackers
17 B = Cereal, Fruit V = Same L = Ziti, Veggie, Fruit S = Granola Crisps	18 B = Biscuits V = Veggie Soup L = Soup, Grilled Cheese S = Animal Crackers	19 B = Apple Pancakes, Fruit V = PB Meatball Sub L = Meatball Sub, Veggie, Fruit S = Pudding	20 B = Raisin Bread, Fruit V = PB Chicken Nuggets L = Chicken Nuggets, Veggie, Fruit S = Fig Newtons	21 B = Cereal, Fruit V = Veggie Burger L = Fish Sandwich, Veggie, Fruit S = Oat Bar
24 B = Cereal V = Same L = Mac & Cheese, Veggie, Fruit S = Graham Crackers w/Cream Cheese	25 B = Grits, Fruit V = PB Chili L = Turkey Chili, Veggie, Fruit S = Craisins	26 B = Cereal, Fruit V = PB Nuggets L = Turkey, Gravy, Yams, Cranberry Sauce S = String Cheese w/Crackers	27 SCHOOL CLOSED	28 SCHOOL CLOSED

*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