



December 2025

ECYC Menu

Intermediate & Up Menu



Mon	Tue	Wed	Thu	Fri
B = Cereal, Fruit V = Same L = Tortellini, Veggie, Fruit S = Yogurt	1 B = Oatmeal, Fruit V = Veggie Soup, Cheese Wrap L = Beef and Veggie Soup, Tuna Wrap S = Lorna Doones	2 B = Egg Bites, Fruit V = PB Chicken Parm L = Chicken Parm, Veggie, Fruit S = Apple Butter w/Crackers	3 B = Bagels, Fruit V = PB Sloppy Joes L = Sloppy Joes, Veggie, Fruit S = Cheddar Bunnies	4 B = Cereal, Fruit V = Same L = Pizza, Veggie, Fruit S = Veggie Crisps
B = Cereal, Fruit V = Same L = Spaghetti, Veggie, Fruit S = Cheddar Cheese w/Crackers	8 B = Egg Patty, Turkey Sausage, Fruit V = Veggie Soup, Cheese Wrap L = Chicken Noodle Soup, Turkey Wrap, Fruit S = Applesauce	9 B = Grits, Fruit V = PB Meat & Cheese Casserole L = Cheeseburger Casserole, Veggie, Fruit S = Pudding	10 B = Muffins, Fruit V = PB Chicken Sandwich L = Chicken Sandwich, Veggie, Fruit S = Hummus w/Crackers	11 B = Cereal, Fruit V = Same L = Fish Sticks, Veggie, Fruit S = Goldfish
B = Cereal, Fruit V = Same L = Tortelli, Veggie, Fruit S = Cinnamon Crisps	15 B = Waffles, Fruit V = Same L = Vegetable Soup, Sun Butter w/Jelly S = Animal Crackers	16 B = Pancakes, Fruit V = PB Meatballs L = Salisbury Steak, Mashed Potatoes, Veggie, Fruit S = Rainbow Sherbert	17 B = Yogurt Parfait, Fruit V = PB Chicken L = Chicken Tenders, Veggie, Fruit S = Sun Butter w/Crackers	18 B = Cereal, Fruit V = Veggie Burger L = Pizza, Veggie, Fruit S = Fig Newtons
B = Cereal, Fruit V = Same L = Alfredo Pasta, Veggie, Fruit S = Oat Bars	22 B = Cereal, Fruit V = Cheese Quesadilla L = Chicken Quesadilla, Veggie, Fruit S = Graham Crackers w/Cream Cheese	23 SCHOOL CLOSED	24 SCHOOL CLOSED	25 SCHOOL CLOSED
SCHOOL CLOSED	29 SCHOOL CLOSED	30 SCHOOL CLOSED	31 SCHOOL CLOSED	

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