



January 2026

ECYC Menu



Intermediate & Up Menu

Mon	Tue	Wed	Thu	Fri
			SCHOOL CLOSED	1 B = Cereal, Fruit V = Pizza L = Pizza, Veggie, Fruit S = Lorna Doones
5 B = Cereal, Fruit V = Same L = Mac & Cheese, Veggie, Fruit S = Craisins	6 B = French Toast Sticks, Fruit V = Veggie Soup L = Beef Soup, Ham & Cheese Wrap S = String Cheese & Crackers	7 B = Oatmeal, Fruit V = PB Chicken L = BBQ Chicken w/Rice, Veggie, Fruit S = Apple Butter w/Crackers	8 B = Croissants, Fruit V = PB Sloppy Joes L = Sloppy Joes, Veggie, Fruit S = Cheddar Bunnies	2 9 B = Cereal, Fruit V = Same L = Mini Calzone, Veggie, Fruit S = Granola Crisps
12 B = Cereal, Fruit V = Same L = Ziti, Veggie, Fruit S = Yogurt	13 B = Apple Pancakes, Fruit V = Same L = Tomato Soup w/Grilled Cheese S = Cheddar Cheese w/Crackers	14 B = Egg Bites V = PB Tacos L = Tacos, Veggie Toppings, Fruit S = Applesauce	15 B = Raisin Bread V = PB Chicken L = Chicken Nuggets, Veggie, Fruit S = Ice Cream	16 B = Cereal, Fruit V = Veggie Burger L = Fish Sandwich, Veggie, Fruit S = Goldfish
19 SCHOOL CLOSED	20 B = Cereal, Fruit V = Same L = Vegetable Soup, Sun Butter S = Cinnamon Crisps	21 B = Egg Patty & Sausage, Fruit V = Veggie Burrito L = Beef & Bean Burrito, Plantains, Fruit S = Sun Butter w/Crackers	22 B = Bagels, Fruit V = Veggie Burger L = Chicken Sandwich, Veggie, Fruit S = Rainbow Sherbert	23 B = Cereal V = Same L = Pizza, Veggie, Fruit S = Animal Crackers
26 B = Cereal V = Same L = Spaghetti, Veggie, Bread S = Pudding	27 B = Waffle Stix, Fruit V = Veggie Soup L = Chicken Noodle Soup, Turkey Wrap S = Fig Newtons	28 B = Grits, Fruit V = PB Meatballs L = Meatball Sub, Veggie, Fruit S = Oat Bars	29 B = Muffins, Fruit V = PB Chicken L = Chicken Tenders, Veggie, Fruit S = Graham Crackers w/Cream Cheese	30 B = Cereal, Fruit V = Sun Butter or Cheese Sandwich L = Fish Sticks, Dinner Roll, Veggie, Fruit S = Lorna Doones

S = Snack

B = Breakfast

L = Lunch

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

PB = Plant-Based

Pizza, French Toast, & Italian Bread = Whole Wheat

Bread & Spaghetti = Whole Wheat

Milk = no BGH served at breakfast and lunch

Cold cuts = 99% fat free/low sodium