



July 2026

ECYC Menu

Intermediate & Up



Mon	Tue	Wed	Thu	Fri
		B = Bagels, Fruit V = PB Chicken L = Sweet & Sour Chicken, Rice, Veggie, Fruit S = Graham Crackers w/Cream Cheese	B = Cereal, Fruit V = Same L = Sunbutter, Carrots S = Fig Newtons	SCHOOL CLOSED
B = Cereal, Fruit V = PB Chicken L = Chicken Fajita, Veggie S = Oat Bars	B = Biscuits, Fruit V = PB Sloppy Joes L = Sloppy Joes, Veggie, Fruit S = Craisins	B = French Toast, Fruit V = Same L = Mac & Cheese, Veggie, Fruit S = Ice Cream	B = Raisin Bread, Fruit V = Cheese Wrap L = Turkey, Pasta Salad, Fruit S = Lorna Doones	B = Cereal, Fruit V = Same L = Calzone, Veggie, Fruit S = String Cheese w/Crackers
B = Cereal, Fruit V = PB Sloppy Joe L = Sloppy Joe, Veggie, Fruit S = Yogurt	B = Waffles, Fruit V = PB Nuggets L = Nuggets, Veggie, Fruit S = Applebutter w/Crackers	B = Raisin Bread, Fruit V = Same L = Spaghetti, Bread, Veggie, Fruit S = Sherbert	B = Muffins, Fruit V = Cheese Wrap L = Tuna, Macaroni Salad, Fruit S = Applesauce	B = Cereal, Fruit V = Same L = Pizza, Veggie, Fruit S = Goldfish
B = Cereal, Fruit V = Vegetarian Burrito L = Beef & Bean Burrito, Plantains, Fruit S = Sunbutter w/Crackers	B = Pancakes V = PB Tenders L = Chicken Tenders, Veggie, Fruit S = Goldfish Pretzels	B = Egg Bites, Fruit V = Same L = Ziti, Veggie, Fruit S = Cheddar Cheese w/Crackers	B = Croissants, Fruit V = Cheese Wrap L = Turkey Wrap, Potato Salad, Fruit S = Animal Crackers	B = Cereal, Fruit V = Veggie Patty L = Fish Sandwich, Tots, Veggie, Fruit S = Fig Newtons
B = Cereal, Fruit V = PB Casserole L = Cheeseburger Casserole, Veggie, Fruit S = Graham Crackers w/Cream Cheese	B = Egg Patty w/Turkey Sausage, Fruit V = PB Patty L = Chicken Patty, Veggie, Fruit S = Oat Bars	B = Yogurt Parfait, Fruit V = Same L = Pasta Alfredo, Veggie, Fruit S = Ice Cream	B = Bagels, Fruit V = Same L = Sunbutter, Carrots S = Lorna Doones	B = Cereal, Fruit V = Same L = Calzone, Veggie, Fruit S = Craisins

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