

	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
<b>Breakfast</b>	Cheesy Scrambled Eggs w/Toast  Diced Pears	Tropical Mango Breakfast Round  Strawberry Cup	Strawberry Yogurt w/Graham Crackers  Orange Wedges	Whole Grain French Toast Sticks w/Warm Syrup  Baked Cinnamon Apples	Apple Cinnamon Muffin w/String Cheese  Banana

Daily offerings include assorted cereal bowls. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. All ECE breakfast options are vegetarian (including milk and eggs) and (ve) denotes vegan choices.

<b>Lunch Comfort Kitchen</b>	Parmesan Chicken Cheese Pizza (v).	Taco Quesadilla. Cheese Quesadilla (v).	Roast Turkey w/Gravy & Dinner Roll. Bean & Cheese Enchiladas (v).	Tuna Salad Sandwich. Fiesta Potato Breakfast Bowl w/Biscuit (v).	Glorious Mac & Cheese (v). Stuffed Shells (v).
	Roasted Cauliflower Orange Slices	Roasted Broccoli Canned Pears	Red Pepper Strips Frozen Blueberries	Roasted Carrots Mandarin Oranges	Green Peas Apple Slices

OFFERED  
DAILY

Non fat white milk  
Low-fat 1% white milk

All grain products are whole grain rich. (v) denotes vegetarian choices (includes milk and eggs) and (ve) denotes vegan choices. Locally Sourced items offered daily. This menu is subject to change and based upon product availability.

	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<b>Breakfast</b>	Whole Grain Bagel w/Cream Cheese  Mixed Fruit Salad	Vanilla Yogurt w/Graham Crackers  Tangerine	Cinnamon French Toast Bites  Watermelon	Whole Grain French Toast Sticks w/Syrup  Apple Slices	Egg & Potato Breakfast Burrito  Banana

Daily offerings include assorted cereal bowls. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. All ECE breakfast options are vegetarian (including milk and eggs) and (ve) denotes vegan choices.



	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<b>Lunch Comfort Kitchen</b>	Deli Bento Box. Veggie Burger (v).  Sweet Potato Fries Apple Slices	Spaghetti w/Panko Breadcrumbs & Beef Marinara. Grilled Cheese Sandwich (v).  Parmesan Green Beans Orange Slices	Curry Chicken Brown Rice. Veggie Lo Mein w/Tofu (v).  Roasted Broccoli & Carrots Frozen Blueberries	Pasta w/Rainbow Marinara (v). Sunbutter & Jelly Sandwich (ve).  Citrus Glazed Carrots Banana	Sunshine Veggie Chili w/Tortilla Chips (v). Cheese Pizza (v).  Broccoli & Red Peppers Applesauce

**OFFERED DAILY**

Non fat white milk  
Low-fat 1% white milk

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	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
<b>Breakfast</b>	Vanilla Yogurt w/Graham Crackers  Frozen Blueberries	Sunrise Breakfast Round  Orange Slices	Egg & Cheese Bagel Sandwich  Cantaloupe	Blueberry Muffin w/String Cheese  Banana	Peach Cobbler Breakfast Square  Strawberry Cup

Daily offerings include assorted cereal bowls. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. All ECE breakfast options are vegetarian (including milk and eggs) and (ve) denotes vegan choices.

 <b>Lunch Comfort Kitchen</b>	Beef Enchiladas. Cheesy Breadsticks w/Marinara (v).  Refried Beans Diced Pears	Chicken Nuggets. Macaroni & Cheese(v).  Citrus Glazed Carrots Apple Slices	French Toast Sticks w/Turkey Sausage Patty. Baked Tofu & Veggie Lo Mein(v).  Roasted Potatoes Mandarin Oranges	Chicken Caesar Wrap. BBQ Sloppy Joe Sandwich (ve).  Green Beans Orange Slices	Tuna Salad Sandwich. Cheese Quesadilla (v).  Roasted Broccoli Banana
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**OFFERED  
DAILY**

Non fat white milk  
Low-fat 1% white  
milk

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vegan choices. Locally Sourced items offered daily. This menu is subject to  
change and based upon product availability.

	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
<b>Breakfast</b>	No School	Scrambled Eggs w/Toast  Pineapple Tidbits	Tropical Mango Breakfast Round  Fresh Banana	Plain Bagel w/Cream Cheese  Orange Wedges	Vanilla Yogurt w/Graham Crackers  Fresh Tangerine

Daily offerings include assorted cereal bowls. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. All ECE breakfast options are vegetarian (including milk and eggs) and (ve) denotes vegan choices.



**Lunch  
Comfort  
Kitchen**

No School	Tuna Salad Sandwich. Baked Penne (v).  Mixed Garden Veggies Apple Slices	Seasoned Grilled Chicken Strips w/Brown Rice. Falafel Bowl w/Brown Rice. Tomatoes and Tzatziki (v).  Green Peas Orange Wedges	Green Chile Turkey & Corn Stew. Cheese Quesadilla (v).  Cucumber and Tomato Salad Pineapple Tidbits	Beef Enchilada. Cheese Pizza (v).  Mexican Corn Cantaloupe
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**OFFERED  
DAILY**

Non fat white milk  
Low-fat 1% white milk

All grain products are whole grain rich. (v) denotes vegetarian choices (includes milk and eggs) and (ve) denotes vegan choices. Locally Sourced items offered daily. This menu is subject to change and based upon product availability.