



# ECE Winter Menu -Term 3 \* i

**For the weeks of:**

**Week 1**  
 March 1<sup>st</sup> – March 5<sup>th</sup>  
 March 15<sup>th</sup> – March 19<sup>th</sup>  
 March 29<sup>th</sup> – April 2<sup>nd</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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## BREAKFAST

Breakfast	Assorted Cereal/Whole Grain Graham Crackers/Pineapple Tidbits	Egg & Cheese Breakfast Burrito/Whole Grain Pretzels/Mixed Fruit Cup	Fruit & Yogurt Parfait w/ Granola/Fresh Apple Slices	Oatmeal/Fresh Banana/Apple Slices	French Toast Sticks/Whole Grain Pretzels/Mandarin Oranges
Milk	Nonfat or 1% White Milk				

## LUNCH

Speciality Entrée	Chicken Alfredo Macaroni w/ Garlic Knot Bread	Teriyaki Grilled Chicken w/Vegetables & Brown Rice	Hamburger w/ Light Mustard	Spaghetti w/ <b>Sliced Turkey Meatballs</b> w/ Dinner Roll	BBQ Turkey Nachos
Vegetarian Entrée	Super Veggie Macaroni & Cheese w/ Garlic Knot Bread	Veggie Fried Rice	Garden Burger w/Light Mustard	Veggie Tortellini w/ Cheesy Breadstick	BBQ Sloppy Joe
Available Vegetable	Mixed Garden Vegetables w/Light Salad Dressing	Cucumber Slices w/ Dip	Seasoned Potato Wedges w/ Ketchup	Broccoli Florets w/Dip	BBQ Baked Beans
Available Fruit	Diced Pears	Apple Slices	Mandarine Oranges	Pineapple Tidbits	Banana
Milk	Nonfat or 1% White Milk				

## Weekend Offering

Breakfast	Assorted Cereals, Graham Crackers, Assorted Muffins, Nonfat or 1% White Milk, <b><u>Only Assorted Fresh Fruit Listed on this Menu</u></b>
Lunch	Assorted Entrees (Bean and Cheese Burrito, Garden Burger w/Mustard, BBQ Burger w/ Coleslaw, Sunbutter & Jelly Sandwich), Nonfat or 1% White Milk, <b><u>Only Assorted Fruits and Vegetables Listed on this Menu</u></b>

i – Indicates substitutions for Early Childhood Students  
 \*Subject to change based on availability

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# ECE Winter Menu -Term 3 \* <sup>i</sup>

***For the weeks of:***

**Week 2**  
 March 8<sup>th</sup> – March 12<sup>th</sup>  
 March 22<sup>nd</sup> – March 25<sup>th</sup>  
 April 12<sup>th</sup> – April 16<sup>th</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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## BREAKFAST

<b>Breakfast</b>	Whole Grain Fluffy Pancake w/Syrup/Whole Grain Graham Crackers/Fresh Apple Slices	Assorted Cereal/Whole Grain Graham Crackers/Mandarin Oranges	Grits/Whole Grain Graham Crackers/Pineapple Tidbits	Whole Grain Apple Muffin/Banana	Breakfast Biscuit Sandwich/ Mixed Fruit Cup
<b>Milk</b>	Nonfat or 1% White Milk				

## LUNCH

<b>Speciality Entrée</b>	Chicken Quesadilla	Chicken Salad Sandwich	BBQ Burger w/Coleslaw	Breakfast for Lunch: Boiled Egg, Turkey Sausage & Maple Pancakes w/ Syrup	Jamaican Jerk Chicken Bowl w/ Brown Rice & Whole Grain Graham Crackers
<b>Vegetarian Entrée</b>	Cheese Quesadilla	Lift-Off's! Spinach Salad w/Salad Dressing and Tortilla Chips	Garden Burger w/Light Mustard	Bean & Cheese Burrito	Spinach and Chickpea Penne Salad
<b>Available Vegetable</b>	Celery Sticks w/ Dip	Seasoned Green Beans	Cucumber Slices w/ Dip	Mixed Salad Greens w/light Salad Dressing	Cucumber Slices w/Dip
<b>Available Fruit</b>	Diced Peaches	Mixed Fruit Cup	Mandarin Oranges	Diced Pear	Apple Slices
<b>Milk</b>	Nonfat or 1% White Milk				

## Weekend Offering

<b>Breakfast</b>	Assorted Cereals, Graham Crackers, Assorted Muffins, Nonfat or 1% White Milk, <b><u>Only Assorted Fresh Fruit Listed on this Menu</u></b>
<b>Lunch</b>	Assorted Entrees (Bean and Cheese Burrito, Garden Burger w/Mustard, BBQ Burger w/Coleslaw, Sunbutter & Jelly Sandwich), Nonfat or 1% White Milk, <b><u>Only Assorted and Vegetables Listed on this Menu</u></b>

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