




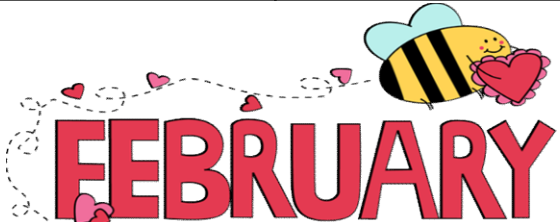



ECFC PreK February 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| <p><i>Due to manufacturing shortages, menus are subject to change based upon availability of product.</i></p> |  | <p>1 Long John Mandarin Oranges</p> <p>Waffles & Sausage Hash Brown Coins Apple Slices & Milk Snack: Cheese Stick</p> | <p>2 Muffin Apple Slices</p> <p>Soft Taco Cheese, Salsa, Refried Beans Apple Sauce & Milk Snack: WG Doritos</p> | <p>3 Breakfast Pizza Applesauce</p> <p>Chicken Paremsan Dippers Marinara Sauce & Breadstick Green Beans, Mixed Fruit, Milk Snack: Cheese its & Juice</p> |
| <p>6 Apple Bites Raisils</p> <p>Chicken Patty on Bun Corn Peaches & Milk Snack: WG Chips & Salsa</p> | <p>7 Scrambled Eggs & Toast Peaches</p> <p>Grilled Cheese Cow Boy Beans Pineapple & Milk Snack: Vanilla Bear Cookie</p> | <p>8 Frudel Pineapple</p> <p>Pizza Sticks Marinara Sauce Green Beans, Pears, & Milk Snack: Fruit</p> | <p>9 Cinni Minis Pears</p> <p>Chicken and Noodles  Steamed Broccoli Peaches & Milk Snack: Animal Cookies</p> | <p>10 Waffles Peaches</p> <p>Cheese Quesadilla w/ Salsa Romaine Salad w/ ranch Apple Slices & Milk Snack: Pretzels w/ Juice</p> |
| <p>13 Biscuit & Gravy Craisins</p> <p>Cheeseburger on Bun  Tator Tots Mandarin Oranges & Milk Snack: Cereal & Milk</p> | <p>14 Flapstick Mandarin Oranges</p> <p>Corn Dog Baked Beans Mixed Fruit & Milk Snack: Vanilla Bear Cookie</p> | <p>15 Sausage Slider Mixed Fruit</p> <p>Four Cheese Garlic Bread Marinara Sauce Green Beans, Pineapple, Milk Snack: Fruit</p> | <p>16 Mini French Toast Pineapple</p> <p>Pork Chop Patty Mashed Potatoes & Gravy Peaches & Milk Snack: Goldfish Graham</p> | <p>17 Donut Peaches</p> <p>1/2 Day Deli Sub w/ Cheese Mixed Fresh Veggies/ Ranch Apple Slices, WG Cheetos Milk Snack: Cheese Stick</p> |
| <p>20 No School</p>  | <p>21 Cereal & Toast Raisins</p> <p>Popcorn Chicken Oven Fries Apple Slice & Milk Snack: Goldfish</p> | <p>22 Pancakes Applesauce</p> <p>Tacos Cheese & Salsa, Refried Beans Applesauce & Milk Snack: Fruit</p> | <p>23 Cinnamon Bun Apple Slices</p> <p>Turkey & Cheese Wrap Mixed Fresh Veggies w/ ranch Banana & Milk Snack: Animal Cookies</p> | <p>24 Flap Stick Banana</p> <p>Cheese Pizza  Green Beans Mixed Fruit & Milk Snack: Cereal & Milk</p> |
| <p>27 Biscuit & Gravy Raisils</p> <p>Hot Dog on Bun Sweet Potato Fries Pears & Milk Snack: WG Chips & Salsa</p> | <p>28 French Toast Sticks Pears</p> <p>Spaghetti w/ Meat Sauce Bread Stick, Romaine Salad Applesauce & Milk Snack: Goldfish Graham</p> |  | |  |