




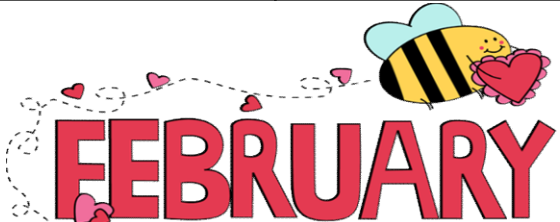



# ECFC T-K February 2023

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