




ECFC Prek October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Breakfast Pizza Craisins	4 Mini French Toast Pineapple	5 Soft Oatmeal Round Mandarin Oranges	6 Waffles Apple Slices	7 No School Quincy Conference 
Cheeseburger on Bun Steamed Broccoli w/ Cheese Pineapple & Milk Snack: Cereal & Milk	Pizza Garden Salad w/ Tomato Mandarin Oranges & Milk Snack: Cereal & Milk	Mini Pancakes & Sausage Hashbrown Coins Apple Slices & Milk Snack: Cheese its & Juice	Soft Taco, cheese, lettuce & Salsa, Refried Beans Mixed Fruit & Milk Snack: Goldfish Graham	
10 No School Columbus Day 	11 <i>Frudel</i> <i>Raisins</i> Chicken Patty on Bun Corn Applesauce & Milk Snack: Fruit	12 <i>Flapstick</i> <i>Applesauce</i> Chicken and Noodles Steamed Broccoli Peaches & Milk Snack: Pretzel w/ juice	13 <i>Sausage Biscuit</i> <i>Peaches</i> Pizza Sticks Marinara Sauce Green Beans, Pears, & Milk Snack: Goldfish Graham	14 <i>French Toast Sticks</i> <i>Pears</i> Deli Sub w/ Cheese Mixed Fresh Veggies Ranch, Mixed Fruit & Milk Snack: Chips & Salsa
17 <i>Soft Oatmeal Round</i> <i>Raisels</i> Hamburger on Bun Tator Tots Mandarin Oranges & Milk Snack: Goldfish Graham	18 <i>Breakfast Pizza</i> <i>Mandarin Oranges</i> Cheese Quesadilla w/ Salsa Romaine Salad w/ ranch Pineapple & Milk Snack: Cheese Stick	19 <i>Mini Pancakes</i> <i>Pineapple & Milk</i> Pork Chop Patty Mashed Potatoes & Gravy Peaches & Milk Snack: Fresh Fruit	20 <i>Cinni Minis</i> <i>Peaches</i> Four Cheese Garlic Bread Marinara Sauce, Green beans Apple Slices & Milk Snack: Cereal & Milk	21 <i>Donut</i> <i>Apple Slices</i> Corn Dog Baked Beans Pears & Milk Snack: Gold Fish
24 Scrambled Eggs & Toast Craisins	25 <i>Cereal & Toast</i> <i>Applesauce</i> Popcorn Chicken Oven Fries Pineapple & Milk Snack: Fresh Fruit	26 <i>Sausage Biscuit</i> <i>Apple Slices</i> Wild Mikes Pizza Bites Marinara Sauce, Stmd Brocc Mandarin Oranges & Milk Snack: Cheese its & Juice	27 <i>Mini French Toast Sticks</i> <i>Pineapple 1/2 Day</i> Turkey and Cheese Wrap Fresh Veggie Bowl w/ Dip WG Chips, Apple Slices, Milk Snack: Animal Cookies	28 No School Parent Teacher Conferences 
31 <i>Biscuit & Gravy</i> <i>Raisels</i> Hot Dog on Bun Sweet Potato Fries Applesauce & Milk Snack: Cereal & Milk	Due to manufacturing shortages, menus are subject to change based upon availability of product.	