






ECFC TK 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 Baby Carrots Pineapple & Milk	Pizza Garden Salad w/ Tomato Mandarin Oranges Milk	Mini Pancakes & Sausage Hashbrown Coins Baby Carrots Apple Slices & Milk	Soft Taco Cheese, Lettuce, & Salsa Refried Beans Mixed Fruit & Milk	
10 No School Columbus Day 	11 <i>Frudel</i> <i>Raisins</i>	12 <i>Flapstick</i> <i>Applesauce</i>	13 <i>Sausage Biscuit</i> <i>Peaches</i>	14 <i>French Toast Sticks</i> <i>Pears</i>
	Chicken Patty on Bun Corn Baby Carrots Applesauce & Milk	Chicken and Noodles Steamed Broccoli Baby Carrots Peaches & Milk	Pizza Sticks Marinara Sauce Green Beans Pears & Milk	Deli Sub w/ Cheese Mixed Fresh Veggies Ranch Mixed Fruit & Milk
17 <i>Soft Oatmeal Round</i> <i>Raisels</i>	18 <i>Breakfast Pizza</i> <i>Mandarin Oranges</i>	19 <i>Mini Pancakes</i> <i>Pineapple & Milk</i>	20 <i>Cinni Minis</i> <i>Peaches</i>	21 <i>Donut</i> <i>Apple Slices</i>
Hamburger on Bun Tator Tots Baby Carrots Mandarin Oranges & Milk	Cheese Quesadilla w/ Salsa Romaine Salad w/ ranch Baby Carrots Pineapple & Milk	Pork Chop Patty Mashed Potatoes & Gravy Baby Carrots Peaches & Milk	Four Cheese Garlic Bread Marinara Sauce Green Beans Apple Slices & Milk	Corn Dog Baked Beans Baby Carrots Pears & Milk
24 Scrambled Eggs & Toast Craisins	25 <i>Cereal & Toast</i> <i>Applesauce</i>	26 <i>Sausage Biscuit</i> <i>Apple Slices</i>	27 <i>Mini French Toast Sticks</i> <i>Pineapple 1/2 Day</i>	28 No School Parent Teacher Conferences 
Cheese Pizza Green Beans Baby Carrots Applesauce & Milk	Popcorn Chicken Oven Fries Baby Carrots Pineapple & Milk	Wild Mikes Pizza Bites Marinara Sauce Steamed Broccoli Mandarin Oranges & Milk	Turkey and Cheese Wrap Fresh Veggie Bowl w/ Dip Wholegrain Chips Apple Slices & Milk	
31 <i>Biscuit & Gravy</i> <i>Raisels</i>	Due to manufacturing shortages, menus are subject to change based upon availability of product.			
Hot Dog on Bun Sweet Potato Fries Baby Carrots Applesauce & Milk				