





# ECFC Pre-K September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Due to manufacturing shortages, menus subject to change based upon availability of product.</b>		1 French Toast Stcks Mandarin Oranges	2 Mini Pancakes Applesauce
			Soft Taco Cheese and salsa Refried Beans Applesauce & Milk Snack: Cheese its & Juice	Chicken Parmesan Dippers Marinara Sauce & Bread Stick Green Beans Mixed Fruit & Milk Snack: Goldfish Graham
5 	6 Breakfast Pizza Raisels  Chicken Patty on Bun Corn  Peaches & Milk Snack: Cereal & Milk	7 French Toast Sticks Peaches  Chicken & Noodles Steamed Broccoli  Pears & Milk Snack: Graham Crackers	8 Muffin & Yogurt Pears  Pizza Sticks Marinara Sauce Green Beans Apple Slices & Milk Snack: Fruit	9 Donut Apple Slices  Deli Sub w/ Cheese Mixed Veggie Bowl w/ ranch applesauce WG Doritos & Milk Snack: Pretzel w/ juice
12 Cinni Minis Craisins	13 Mini Waffles Peaches	14 Flapstick Apple Slices	15 Mini Pancakes Peaches	16 Sausage Biscuit Mandarin Oranges
Hamburger on Bun Tater Tots  Peaches & Milk Snack: Chips & Salsa	Cheese Quesadilla w/ Salsa Romaine Salad w/ Ranch  Apple Slices & Milk Snack: Goldfish Graham	Pork Chop Patty Mashed potatoes and gravy  Peaches & Milk Snack: Cheese Stick	Four Cheese Garlic Bread Marinara Sauce Green Beans Mandarin Oranges & Milk Snack: Fresh Fruit	Corn Dog Baked Beans  Mixed Fruit & Milk Snack: Cereal & Milk
19 Coco Puffs/ Grahams Raisins	20 Mini French Toast Sticks Pineapple	21 Breakfast Tornado Apple Slices	22 Frudel Pears	23 Banana Bread Peaches
Cheese Pizza Green Beans  Pineapple & Milk Snack: Gold fish	Popcorn Chicken Oven Fries  Apple Slices & Milk Snack: Vanilla Bear Cookie	Wild Mikes Pizza Bites Marinara Sauce Steamed Broccoli Pears & Milk Snack: Fresh Fruit	Walking Taco Cheese & Salsa Refried Beans Peaches & Milk Snack: Cereal & Milk	Turkey and Cheese Wrap Fresh Veggie Bowl  WG Chips & pineapple & Milk Pm Snack: Cheese its
26 Muffin and Goldfish Graham Raisels	27 Breakfast Pizza Applesauce	28 Mini Pancakes Mandarin Oranges	29 Cinnamon Bun Mixed Fruit	30 French Toast Sticks Apple Slices
Hot Dog on Bun Sweet Potato Fries  Applesauce & Milk Snack: Cheese Stick	Spaghetti w/ Meat Sauce Bread stick Romaine Salad w/ Ranch Mandarin Oranges & Milk Snack: Animal Cookies	Pizza Sticks Marinara Sauce Mixed Fresh Veggies/ Ranch Mixed Fruit & Milk Snack: Fresh Fruit	Chicken Nuggets Mashed Potatoes & Gravy  Apple Slices & Milk Snack: Goldfish Graham	Pork Chop Patty on Bun Baked Beans  Peaches & Milk Snack: Pretzel w/ juice