





ECFC September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Meals are free for ALL Students in the 2021-22 School Year</i> <i>Milk & Juice complete each Breakfast</i>	1 <i>Scrambled Eggs/ Toast</i> Mini corn dogs French Fries Applesauce Milk PM Snack: Goldfish	2 <i>Cinni Minis Mandarin Oranges</i> Soft Taco Cheese, Lettuce, & Salsa Refried Beans & Applesauce Milk PM Snack: Goldfish	3 <i>Mini Pancakes Peaches</i> Chicken Parmesan Dippers Marinara Sauce & Bread Stick Green Beans / Mixed Fruit Milk PM Snack: Goldfish Graham
		6 	7 <i>Breakfast Pizza Raisels</i> Chicken Patty on Bun Corn Peaches Milk PM Snack: Cereal & Milk	8 <i>French Toast Sticks Applesauce</i> Chicken & Noodles Steamed Broccoli Pears Milk PM Snack: Graham Crackers
13 <i>Oatmeal Craisins</i>	14 <i>Sausage Biscuit Mandarin Oranges</i>	15 <i>Flapstick Peaches</i>	16 <i>Cereal & Toast Pears</i>	17 <i>Mini Waffles Apple Slices</i>
Hamburger on Bun Tater Tots Peaches Milk PM Snack: Chips & Salsa 	Corn Dog Baked Beans Mixed Fruit Milk PM Snack: Goldfish Graham	Pork Chop Patty Mashed potatoes and gravy Apple Slices Milk PM Snack: Cheese Stick	Four Cheese Garlic Bread Marinara Sauce Green Beans/ Man Oranges Milk PM Snack: Fresh Fruit	Cheese Quesadilla w/ Salsa Romaine Salad w/ Ranch Apple Sauce Milk PM Snack: Cereal & Milk
20 <i>Scrambled Eggs & Toast Raisins</i>	21 <i>Mini French Toast Sticks Pineapple</i>	22 <i>Long John Apple Slices</i>	23 <i>Sausage Biscuit Peaches</i>	24 <i>Banana Bread Pears</i>
Cheese Pizza Green Beans Peaches Milk PM Snack: Goldfish 	Popcorn Chicken Oven Fries Apple Slices Milk PM Snack: Vanilla Bear Cookie	Wild Mikes Pizza Bites Marinara Sauce Steamed Broccoli & Pears Milk PM Snack: Fresh Fruit	Walking Taco Cheese, lettuce, & Salsa Refried Beans / Banana Milk PM Snack: Cereal & Milk	Turkey and Cheese Wrap California Blend Veggies WG Chips & pineapple Milk PM Snack: Cheese Its
27 <i>Cereal Raisels</i>	28 <i>Breakfast Pizza Apple Slices</i>	29 <i>Mini Pancakes Pears</i>	30 <i>Cinnamon Bun Mandarin Oranges</i>	Due to manufacturing shortages, menus subject to change based upon availability of product.
Hot Dog on Bun Sweet Potato Fries Applesauce Milk PM Snack: Cheese Stick	Spaghetti w/ Meat Sauce Bread stick Romaine Salad w/ Ranch Mandarin Oranges & Milk PM Snack: Animal Cookie	Pizza Sticks Marinara Sauce Mixed Fresh Veggies/ Ranch Mixed Fruit & Milk PM Snack: Fresh Fruit	Chicken Nuggets Mashed Potatoes & Gravy Apple Slices Milk PM Snack: Goldfish Graham	