


College Heights-ECLC Menu SY24/245

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Students that require special diet accommodations must have documentation signed by a medical provider on file with the School Nutrition Department in order for the nutrition department to support them properly. Please access the nutrition section of the CSD website for the proper paperwork. *Please do not self-select menu items for students that need special consideration without speaking with Monique Breedlove, Nutrition Director, at mbreedlove@csdecatur.net.


week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>WEEK OF:</p> <p>July 29 - Aug 2 Aug 19 - 23 Sept 9 -13 Sept 30-Oct 4 Oct 21 - 25 Nov 11 - Nov 15 Dec 2-6 Dec 23rd (Monday) Jan 20 - 24 Feb 10-14 Mar 3-7 Mar 24-28 April 14-18 May 5-9 May 26-30</p>	<p><u>BREAKFAST</u> French Toast Sticks w/ Syrup Or Assorted Cereal w/ Toast Fruit Selection Choice of Milk</p> <p><u>LUNCH</u> Chicken Tender w/ Breadstick Red Skin Mashed Potatoes Fruit Selection Choice of Milk</p> <p><u>SNACK</u> Bug bites Milk</p>	<p><u>BREAKFAST</u> Yogurt with Graham Crackers Or Assorted Cereal w/Toast Fruit Selection Choice of Milk</p> <p><u>LUNCH</u> Soft Chicken Tacos Lettuce & Tomato Seasoned Black Beans Fruit Selection Choice of Milk</p> <p><u>SNACK</u> Graham Crackers Apple Sauce Cup</p>	<p><u>BREAKFAST</u> WG MUFFIN Or Assorted Cereal w/ Toast Fruit Selection Choice of Milk</p> <p><u>LUNCH</u> Mozzarella Breadsticks W/ Marinara Seasoned Green Beans Fruit Selection Choice of Milk</p> <p><u>SNACK</u> Cheez Its 100% Fruit Juice</p>	<p><u>BREAKFAST</u> Chicken Biscuit Or Assorted Cereal w/ Toast Fruit Selection Choice of Milk</p> <p><u>LUNCH</u> Beanie Weenies Steamed Broccoli Fruit Selection Choice of Milk</p> <p><u>SNACK</u> Carrot/Celery Stick Dip Graham Crackers</p>	<p><u>BREAKFAST</u> Grits Bowl w/ Sausage and Eggs Or Assorted Cereal w/ Toast Fruit Selection Choice of Milk</p> <p><u>LUNCH</u> Chicken Filet Sandwich Seasoned Carrots Fruit Selection Choice of Milk</p> <p><u>SNACK</u> Multi Grain Cheerios 100% Fruit Juice</p>

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Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>WEEK OF:</p> <p>Aug 05-09 Aug 26-30 Sep 16 -20 Oct 7 - 11 Oct 28 -Nov 1 Nov 18-22 Dec 09 - 13 Jan 6-10 Jan 27- 31 Feb 17-21 Mar 10-14 Mar 31-Apr 4 Apr 21-25 May 12-16</p>	<p><u>BREAKFAST</u> French Toast Sticks Or Assorted Cereal w/ Toast Fruit Selection Choice of Milk</p> <p><u>LUNCH</u> Chicken Tenders w/Breadstick Buttered Carrots Fruit Selection Choice of Milk</p> <p><u>SNACK</u> Yogurt & Graham Crackers 100% Juice</p>	<p><u>BREAKFAST</u> WG Muffin Or Assorted Cereal w/ Toast Fruit Selection Choice of Milk</p> <p><u>LUNCH</u> Soft Beef Tacos Lettuce & Tomato Seasoned Black Beans Fruit Selection Choice of Milk</p> <p><u>SNACK</u> Cheerios Apple Slices</p>	<p><u>BREAKFAST</u> Pancakes w/ Syrup Or Assorted Cereal w/ Toast Fruit Selection Choice of Milk</p> <p><u>LUNCH</u> Cheese Pizza California Blend Fruit Selection Choice of Milk</p> <p><u>SNACK</u> WG Goldfish 100% Juice</p>	<p><u>BREAKFAST</u> Canadian Bacon Croissant Or Assorted Cereal w/ Toast Fruit Selection Choice of Milk</p> <p><u>LUNCH</u> Turkey Wrap Steamed Broccoli Fruit Selection Choice of Milk</p> <p><u>SNACK</u> Carrot/Celery Stick Dip Graham Crackers</p>	<p><u>BREAKFAST</u> Mini Bagel with Strawberry Filling Or Assorted Cereal w/ Toast Fruit Selection Choice of Milk</p> <p><u>LUNCH</u> Hamburger Sweet Potato Fries Fruit Selection Choice of Milk</p> <p><u>SNACK</u> WG Apple Cinnamon Nutrigrain Bar 100% Fruit Juice</p>

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Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>WEEK OF:</p> <p>Aug 12- 16 Sept 2-6 Sep 23 27 Oct 14 -18 Nov 4- 8 Nov 25 - Nov 27 (close early) Dec 16 - 20 Jan 13 - 17 Feb 03 - 07 Feb 24 - 28 Mar 17-21 Apr 28-May 2 May 19-23</p>	<p><u>BREAKFAST</u> French Toast Sticks w/ Syrup Or Assorted Cereal w/ Toast Fruit Selection Choice of Milk</p> <p><u>LUNCH</u> Spaghetti Meat Sauce Steamed Broccoli Fruit Selection Choice of Milk</p> <p><u>SNACK</u> Scooby-doo cracker Milk</p>	<p><u>BREAKFAST</u> Yogurt Cup w/ Gram Crackers Or Assorted Cereal w/Toast Fruit Selection Choice of Milk</p> <p><u>LUNCH</u> Cheese Quesadilla Lettuce & Tomato Seasoned Black Beans Fruit Selection Choice of Milk</p> <p><u>SNACK</u> Cinnamon Chex 100% Fruit Juice</p>	<p><u>BREAKFAST</u> Cinnamon Roll Or Assorted Cereal w/ Toast Fruit Selection Choice of Milk</p> <p><u>LUNCH</u> Cheese Pizza Seasoned Cooked Carrots Fruit Selection Choice of Milk</p> <p><u>SNACK</u> Cheez Its 100% Fruit Juice</p>	<p><u>BREAKFAST</u> Sausage Biscuit Or Assorted Cereal w/ Toast Fruit Selection Choice of Milk</p> <p><u>LUNCH</u> Chicken Tenders w/Breadstick Tater Tots Fruit Selection</p> <p><u>SNACK</u> Carrot/Celery Stick Dip Graham Crackers</p>	<p><u>BREAKFAST</u> Oatmeal w/Brown Sugar Or Assorted Cereal w/ Toast Fruit Selection Choice of Milk</p> <p><u>LUNCH</u> Grilled Cheese Sweet Potato Fries Fruit Selection Choice of Milk</p> <p><u>SNACK</u> Apple Cinnamon Cheerios 100% Fruit Juice</p>

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