

ECLC JANUARY 2019 MENU w/ SNACK

<p><u>Alternative Meals:</u> 1/3-1/4: Yogurt Box 1/7-1/11: Wow Butter & Honey Sandwich 1/14-1/18: Hummus Plate 1/21-1/25: Yogurt Box 1/28-1/31: Wow Butter & Honey Sandwich</p> <p>This institution is an equal opportunity provider. Menus are subject to change.</p>			<p align="center"><u>THURSDAY 3</u></p> <p align="center"><u>BREAKFAST</u> WG Pancakes w/Syrup Choice of Milk</p> <p align="center"><u>LUNCH</u> Chicken & Cheese Quesadilla Lettuce, Tomato, Salsa Sour Cream & Salsa Seasoned Brown Rice Saucy Black Beans Pineapple Tidbits Choice of Milk</p> <p align="center"><u>SNACK</u> Fruited Yogurt Animal Crackers Milk</p>	<p align="center"><u>FRIDAY 4</u></p> <p align="center"><u>BREAKFAST</u> Scrambled Eggs GA Grits Choice of Milk</p> <p align="center"><u>LUNCH</u> Hamburger Tater Tots Steamed Carrots (F2S) Sliced Peaches</p> <p align="center"><u>SNACK</u> Goldfish 100% Fruit Juice</p>
<p align="center"><u>MONDAY 7</u></p>	<p align="center"><u>TUESDAY 8</u></p>	<p align="center"><u>WEDNESDAY 9</u></p>	<p align="center"><u>THURSDAY 10</u></p>	<p align="center"><u>FRIDAY 11</u></p>
<p align="center"><u>BREAKFAST</u> Oatmeal w/Brown Sugar Pineapple Tidbits Choice of Milk</p> <p align="center"><u>LUNCH</u> Chicken Nuggets w/Dip Red Skin Mashed Potatoes Seasoned Green Peas Sliced Peaches Choice of Milk</p> <p align="center"><u>SNACK</u> Annie's Graham Crackers Applesauce Water</p>	<p align="center"><u>BREAKFAST</u> Peach Pie Parfait Sliced Pears Choice of Milk</p> <p align="center"><u>LUNCH</u> Toasted Cheese Sandwich Steamed Broccoli Mandarin Oranges Oatmeal Raisin Cookie Choice of Milk</p> <p align="center"><u>SNACK</u> WG Vanilla Wafers Banana Water LEAN & GREEN DAY</p>	<p align="center"><u>BREAKFAST</u> French Toast Sticks w/Syrup Tropical Fruit Salad Choice of Milk</p> <p align="center"><u>LUNCH</u> Hamburger Steak w/Gravy Over WG Rotini Pasta Roasted Cauliflower (F2S) Mixed Fruit Cup Choice of Milk</p> <p align="center"><u>SNACK</u> Berry Chewy Cereal Bar 100% Fruit Juice</p>	<p align="center"><u>BREAKFAST</u> Cinnamon Roll Sliced Peaches Choice of Milk</p> <p align="center"><u>LUNCH</u> Soft Fish Stick Tacos Lettuce, Tomato & Salsa Sour Cream & Guacamole Black Beans Seasoned Rice Pineapple Tidbits Choice of Milk</p> <p align="center"><u>SNACK</u> Fruited Yogurt Animal Crackers Milk</p>	<p align="center"><u>BREAKFAST</u> Sausage Patty GA Grits Mixed Fruit Choice of Milk</p> <p align="center"><u>LUNCH</u> Turkey & Cheddar Sandwich Sweet Potato Fries Seasoned Green Beans Sliced Pears Choice of Milk</p> <p align="center"><u>SNACK</u> Cheez Its 100% Fruit Juice</p>

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<u>MONDAY 14</u>	<u>TUESDAY 15</u>	<u>WEDNESDAY 16</u>	<u>THURSDAY 17</u>	<u>FRIDAY 18</u>
<p><u>BREAKFAST</u> Blueberry Muffin Fruit Yogurt Choice of Milk</p> <p><u>LUNCH</u> Cheese Pizza Buttered Corn Mandarin Oranges Choice of Milk</p> <p><u>SNACK</u> Annie's Graham Crackers Applesauce Water</p>	<p><u>BREAKFAST</u> Waffles w/Syrup Choice of Milk</p> <p><u>LUNCH</u> Baked Ziti Roasted Carrots Romaine Salad w/Veggies Mixed Fruit Cup Choice of Milk</p> <p><u>SNACK</u> Cheese Stick WG Pretzels Water</p> <p>LEAN & GREEN DAY</p>	<p><u>BREAKFAST</u> Oatmeal w/Brown Sugar & Raisins Choice of Milk</p> <p><u>LUNCH</u> Baked Chicken Mac & Cheese Black Eyed Peas Green Beans Choice of Milk</p> <p><u>SNACK</u> Vanilla Wafers Banana Water</p>	<p><u>BREAKFAST</u> Hash brown Breakfast Muffin Choice of Milk</p> <p><u>LUNCH</u> Soft Beef Tacos Sour Cream & Guacamole Seasoned Brown Rice Saucy Pinto Beans Pineapple Tidbits Choice of Milk</p> <p><u>SNACK</u> WG Teddy Grahams Mandarin Oranges Water</p>	<p><u>BREAKFAST</u> Scrambled Eggs GA Grits Choice of Milk</p> <p><u>LUNCH</u> Chicken Fillet Sandwich Waffle Fries Steamed Broccoli Tropical Fruit Cup Choice of Milk</p> <p><u>SNACK</u> Chocolate Chip Granola Bar 100% Fruit Juice Water</p>
<u>MONDAY 21</u>	<u>TUESDAY 22</u>	<u>WEDNESDAY 23</u>	<u>THURSDAY 24</u>	<u>FRIDAY 25</u>
<p>NO</p> <p>SCHOOL</p> <p>MLK</p> <p>HOLIDAY</p>	<p><u>BREAKFAST</u> Apple OJ Smoothie Choice of Milk</p> <p><u>LUNCH</u> Buttered Noodles w/ Parmesan California Blend (F2S) Mixed Fruit Choice of Milk</p> <p><u>SNACK</u> WG Vanilla Wafers Mandarin Oranges Water</p>	<p><u>BREAKFAST</u> WG Bagel Cream Cheese & Jelly Choice of Milk</p> <p><u>LUNCH</u> Shepherd's Pie Dinner Roll Steamed Cabbage Mandarin Oranges Choice of Milk</p> <p><u>SNACK</u> Berry Chewy Cereal Bar 100% Fruit Juice</p>	<p><u>BREAKFAST</u> WG Pancakes w/Syrup Choice of Milk</p> <p><u>LUNCH</u> Chicken & Cheese Quesadilla Lettuce, Tomato, Salsa Sour Cream & Salsa Seasoned Brown Rice Saucy Black Beans Pineapple Tidbits Choice of Milk</p> <p><u>SNACK</u> Fruited Yogurt Animal Crackers Milk</p>	<p><u>BREAKFAST</u> Scrambled Eggs GA Grits Choice of Milk</p> <p><u>LUNCH</u> Hamburger Tater Tots Steamed Carrots (F2S) Sliced Peaches</p> <p><u>SNACK</u> Goldfish 100% Fruit Juice</p>

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<u>MONDAY 28</u>	<u>TUESDAY 29</u>	<u>WEDNESDAY 30</u>	<u>THURSDAY 31</u>	
<p><u>BREAKFAST</u> Oatmeal w/Brown Sugar Pineapple Tidbits Choice of Milk</p> <p><u>LUNCH</u> Chicken Nuggets w/Dip Red Skin Mashed Potatoes Seasoned Green Peas Sliced Peaches Choice of Milk</p> <p><u>SNACK</u> Annie's Graham Crackers Applesauce Water</p>	<p><u>BREAKFAST</u> Peach Pie Parfait Sliced Pears Choice of Milk</p> <p><u>LUNCH</u> Toasted Cheese Sandwich Steamed Broccoli Mandarin Oranges Oatmeal Raisin Cookie Choice of Milk</p> <p><u>SNACK</u> WG Vanilla Wafers Banana Water LEAN & GREEN DAY</p>	<p><u>BREAKFAST</u> French Toast Sticks w/Syrup Tropical Fruit Salad Choice of Milk</p> <p><u>LUNCH</u> Hamburger Steak w/Gravy Over WG Rotini Pasta Roasted Cauliflower (F2S) Mixed Fruit Cup Choice of Milk</p> <p><u>SNACK</u> Berry Chewy Cereal Bar 100% Fruit Juice</p>	<p><u>BREAKFAST</u> Cinnamon Roll Sliced Peaches Choice of Milk</p> <p><u>LUNCH</u> Soft Fish Stick Tacos Lettuce, Tomato & Salsa Sour Cream & Guacamole Black Beans Seasoned Rice Pineapple Tidbits Choice of Milk</p> <p><u>SNACK</u> Fruited Yogurt Animal Crackers Milk</p>	