

ECMS & ECHS Menu

	Mon.	Tues.	Wed.	Thurs.	Fri.
	LINE A				
WEEK	Breakfast for Lunch Sausage Biscuit & Gravy Potato Wedges Sliced Tomatoes Fruit & Milk Choice	Chicken Fajita Refried Beans Spanish Rice Lettuce/Tom/Salsa Fruit & Milk Choice	Chicken Strips Mashed Potatoes Green Beans Glazed Carrots Honey Wheat Roll Fruit & Milk Choice	Chicken Bites Mac & Cheese Baby Bakers Cole Slaw Fruit & Milk Choice	Pizza Choice Whole Kernel Corn Tossed Salad Baby Carrots w/ Dip Fruit & Milk Choice
	LINE B				
ONE	Grilled Chicken Potato Wedges Broccoli & Cheese Fruit Cup Milk Choice	Chicken Fajita Refried Beans Spanish Rice Lettuce/Tom/Salsa Fruit & Milk Choice	Chicken Strips Mashed Potatoes Green Beans Glazed Carrots Honey Wheat Roll Fruit & Milk Choice	Cheeseburger/Bun Lettuce/Tom/Pickles Potato Rounds Baked Beans Fruit & Milk Choice	Pizza Choice Whole Kernel Corn Tossed Salad Baby Carrots w/ Dip Fruit & Milk Choice
	LINE A				
WEEK	Asian Chicken Bites Oriental Rice Green Peas Egg Roll Fruit & Milk Choice	Nachos w/ Meat & Cheese Refried Beans Lettuce/Tom/Salsa Fruit & Milk Choice	Chicken Drummy Mashed Potatoes Green Beans Candied Yams Honey Wheat Roll Fruit & Milk Choice	Cheesy Breadsticks w/ Marinara Whole Kernel Corn Tossed Salad Fruit & Milk Choice	Chicken Sandwich Choice Lettuce/Tom/Pickles Baked Chips Broccoli & Cheese Fruit & Milk Choice
	LINE B				
TWO	BBQ Pork w/ Bun or Combread Potato Wedges Cole Slaw Fruit & Milk Choice	Cheeseburger/Bun Lettuce/Tom/Pickles Seasoned Fries Baked Beans Fruit & Milk Choice	Chicken Drummy Mashed Potatoes Green Beans Candied Yams Honey Wheat Roll Fruit & Milk Choice	Quesadilla Salsa Whole Kernel Corn Tossed Salad Orange Slushie Cup Fruit & Milk Choice	Chicken Sandwich Choice Lettuce/Tom/Pickles Baked Chips Broccoli & Cheese Fruit & Milk Choice

Week One: Sept. 17-20

Oct. 8-12

Oct. 22-26

Week Two: Sept. 24-28

Oct. 15-19

Oct. 29-Nov. 2