

ECP JANUARY 2024

MENU

monday		tuesday		wednesday		thursday		friday	
1	no school	2	no school	3	cantaloupe, cereal bars, 1% milk ... pancakes, turkey sausage links, sweet potato tots, watermelon	4	banana, vanilla yogurt, 1% milk ... chicken nuggets, peas, honeydew	5	applesauce, cereal, 1% milk ... cheese pizza, carrots, mandarin oranges
8	apples, cereal, 1% milk ... turkey with cheddar on wheat, green beans, mandarin oranges	9	banana, cinnamon muffins, 1% milk ... chicken burrito bowl, rice, black beans, cheddar cheese, sour cream pineapple	10	applesauce, cereal bars, 1% milk ... waffles, turkey sausage, sweet potato tots, pears	11	peaches, vanilla yogurt, 1% milk ... pasta marinara w/ Lago meatballs, peas, cantaloupe	12	peaches, cereal, 1% milk ... cheese pizza, seasoned green beans, sliced oranges
15	no school	16	apples, cereal, 1% milk ... cheese quesadillas, black bean, sour cream, pears	17	applesauce, cereal bars, 1% milk ... pancakes, turkey sausage, sweet potato tots, sliced oranges	18	bananas, strawberry yogurt, 1% milk ... chicken nuggets, carrots, cantaloupe	19	mandarin oranges, cereal, 1% milk ... cheese pizza, green beans, peaches
22	apples, cereal, 1% milk ... turkey and cheddar on wheat, green beans, mandarin oranges	23	banana, cereal bars, 1% milk ... beef tacos, rice, black beans, cheddar cheese, sour cream, pineapple	24	applesauce, cinnamon muffins, 1% milk ... waffles, turkey sausage, sweet potatoes, pears	25	peaches, vanilla yogurt, 1% milk ... chicken nuggets, carrots, cantaloupe	26	mandarin oranges, cereal, 1% milk ... cheese pizza, peas, sliced oranges
29	apples, cereal, 1% milk ... bbq chicken on bun, carrots, pears	30	banana, cinnamon muffins, 1% milk ... cheese quesadilla, black beans, sliced oranges	31	applesauce, cereal bars, 1% milk ... pancakes, turkey sausage, sweet potato tots, cantaloupe				

