

ECC Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
		Oct 1 Cheesy Chicken Spaghetti Pinto Beans Sweet Potato Tots Fresh Oranges White Milk Chocolate Milk Skim Milk	Oct 2 Cheeseburger Macaroni Carrot Coins California Blend Peaches Chocolate Milk White Milk Skim Milk	Oct 3
Oct 6 Pizza Buttered Fresh Corn Green Beans Fruit Cocktail White Milk Chocolate Milk Skim Milk	Oct 7 Cheesy Chicken Alfredo PEAS: frozen,boiled Roasted Broccoli Apple Slices White Milk Chocolate Milk Skim Milk	Oct 8 Hamburger / Cheeseburger French Fries Pork & Beans Fresh Oranges Chocolate Milk White Milk Skim Milk	Oct 9 Spaghetti Peas & Carrots Garden Salad Peaches White Milk Chocolate Milk Skim Milk Buttermilk Ranch Packet	Oct 10
Oct 13 Cheese Pizza Buttered Corn Roasted Broccoli Fruit Cocktail White Milk Chocolate Milk Fruit Cocktail	Oct 14 Baked Potato w/ ham & cheese, sour cream Herb Roasted Cauliflower PEAS: frozen,boiled Applesauce Cups Chocolate Milk White Milk Skim Milk	Oct 15 Tender Basket Baked Beans Carrot Coins Apple Slices White Milk Chocolate Milk Ketchup Skim Milk	Oct 16 BBQ Pulled Pork on a Bun Green Beans Onion Rings Peaches White Milk Chocolate Milk Ketchup Skim Milk	Oct 17
Oct 20 Cheese Pizza Buttered Corn Peas & Carrots Fruit Cocktail White Milk Chocolate Milk Skim Milk	Oct 21 Chili Cheese Hot Dog Sweet potato casserole French Fries Apple Slices Chocolate Milk White Milk Ketchup Skim Milk	Oct 22 Chicken & Cheese Quesadilla Spanish Rice REFRIED BEANS: canned Fresh Oranges Chocolate Milk White Milk Skim Milk	Oct 23 Hamburger / Cheeseburger Lettuce Tomato Pickle Roasted Broccoli Mixed Vegetables Peaches Chocolate Milk White Milk Skim Milk Ketchup	Oct 24
Oct 27 Cheese Pizza Buttered Corn Garden Salad Fruit Cocktail White Milk Chocolate Milk Buttermilk Ranch Packet Skim Milk	Oct 28 Chicken & Cheese Crispito REFRIED BEANS: canned Spanish Rice Apple Slices White Milk Chocolate Milk Skim Milk	Oct 29 Chili Cheese Frito Pie Peas & Carrots Herb Roasted Cauliflower Pineapple White Milk Chocolate Milk Skim Milk Buttermilk Ranch Packet	Oct 30 Hamburger / Cheeseburger Smiley Fries Carrot Sticks Apple Slices Chocolate Milk White Milk Skim Milk Ketchup	Oct 31

*Menu subject to change without notice due to product availability. This institution is an equal opportunity provider and employer.