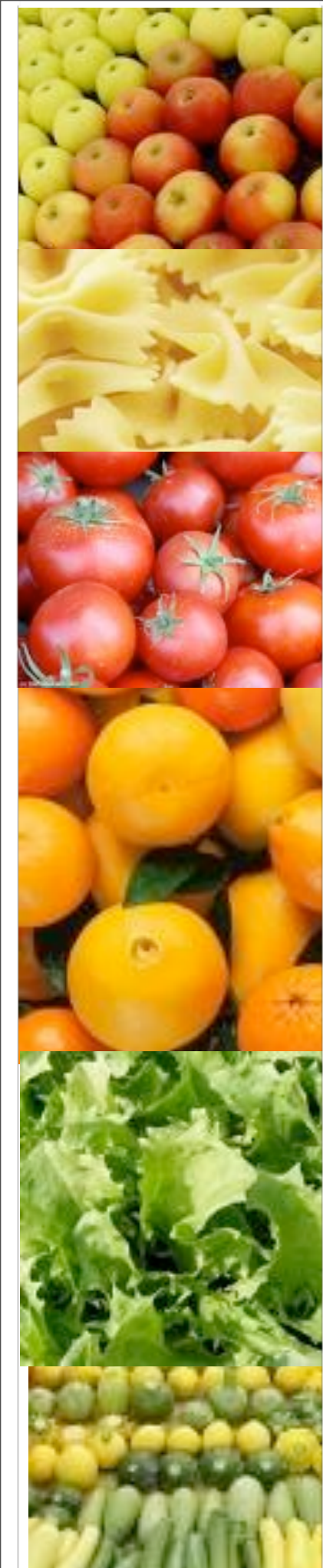


ECCA Lunch Menu

October 2015



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2
Hand-Breaded Chicken Fingers Roasted Potatoes Broccoli	Whole Wheat Crust Pizza cheese, vegetable or pepperoni celery and carrot sticks	"Breakfast for Lunch" Pancakes Blueberry Compote Bacon and Home fries	Roasted chicken Green beans Mashed Potatoes	Taco Bar lean beef and vegetables locally made tortillas Local Olatha sweet corn choice of spanish
5	6	7	8	9
Baked Regular or Sweet Potato Bar Broccoli	Vegetable or Lean Meat Lasagna mixed green salad breadsticks	Vegetable and/or Chicken Stir-Fry Yaki-Soba Noodles vegetable egg roll	Ground Beef Chili Corn Bread Mix Green Salad	Vegetable, Chicken or Cheese Quesadilla Local Olatha sweet corn choice of spanish or white rice
12	13	14	15	16
Turkey, Veggie or Hamburger Sweet Potato Fries	Hand-Breaded Chicken Parmesan Caesar Salad breadsticks	Grilled Cheese Sandwich Choice of Homemade Tomato or Chicken Noodle Soup	Pulled Pork Sandwich Mac and Cheese Banana pudding	no school
19	20	21	22	
no school	Spagetti and meatballs Mix green Salad breadsticks	Chicken Pot Pie Broccoli	Panko Hand-Crusted Fish Sticks served with rice pilaf and squash and zucchini	Grilled Chicken Sandwich on a whole wheat bun veggie pasta salad

*All meals are prepared fresh daily
 We do our best to follow the schedule but it is subject to change
 Salad and vegetarian option served daily
 Fresh Fruit served most days. Dessert served one time per week.
 Ham, Turkey or Peanut Butter Sack Lunch Available Daily*