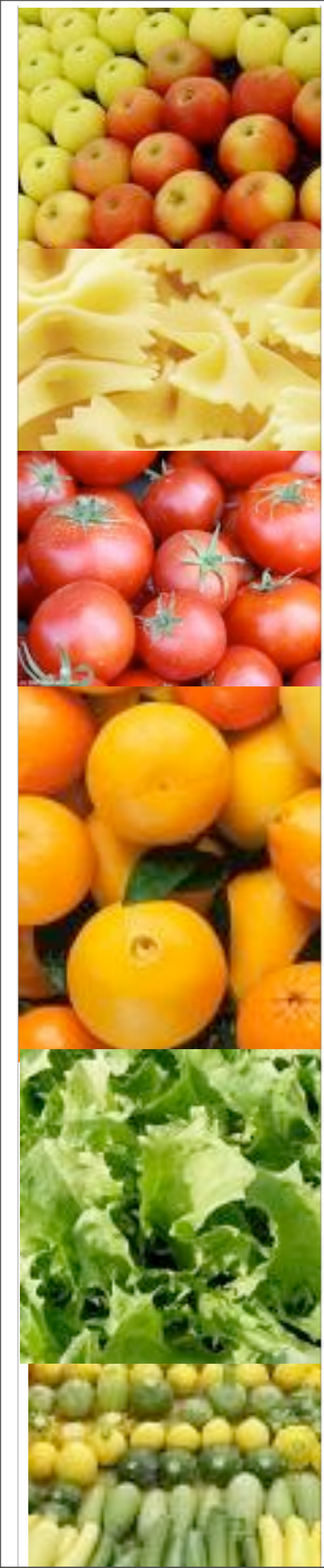


ECCA Lunch Menu

November 2015



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| 26 | 27 | 28 | 29 | 30 |
| Pulled Pork Sandwich Mac and Cheese Banana pudding | Whole Wheat Crust Pizza cheese, vegetable or pepperoni celery and carrot sticks | "Breakfast for Lunch" Pancakes Blueberry Compote Bacon and Home fries | Hand-Breaded Chicken Fingers Roasted Potatoes Broccoli | Sack Lunch Day |
| 2 | 3 | 4 | 5 | 6 |
| Wings French Fries Broccoli | Nachos Corn Chips Black beans Cheese sauce Ground beef | Breakfast for Lunch Sausage Hashbrowns French Toast | Roasted chicken Green beans Mashed Potatoes | Taco Bar lean beef and vegetables locally made tortillas Local Olatha sweet corn choice of spanish |
| 9 | 10 | 11 | 12 | 13 |
| 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 |
| 16 | 17 | 18 | 19 | |
| 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 | Thanksgiving Dinner | |

*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*