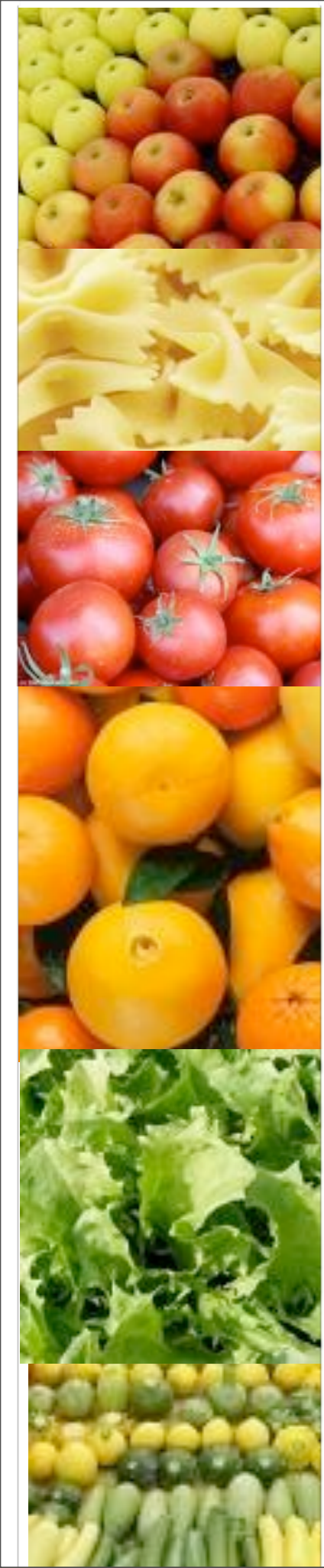


ECCA Lunch Menu

September 2015



Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
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	Chicken or Vegetable Enchiladas black beans and rice
7	8	9	10	11
no school	Vegetable or Lean Meat Lasagna mixed green salad breadsticks	Baked Regular or Sweet Potato Bar Broccoli	Vegetable and/or Chicken Stir-Fry Yaki-Soba Noodles vegetable egg roll	Vegetable, Chicken or Cheese Quesadilla Local Olatha sweet corn choice of spanish or white rice
14	15	16	17	18
Turkey, Veggie or Hamburger Sweet Potato Fries	Hand-Breaded Chicken Parmesan Caesar Salad breadsticks	Grilled Cheese or Ham and Cheese Sandwich Choice of Homemade Tomato or Chicken Noodle Soup	Pulled Pork Sandwich Mac and Cheese Banana pudding	half day
21	22	23	24	25
Roasted Turkey Vegetables Mac n' cheese baked apples	Spagetti and meatballs Mix green Salad breadsticks	Chicken and Wildrice Casserole 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*