


College Heights-ECLC Menu Fall 2022

We continue to experience supply chain issues that may influence menu changes. Menu changes may not be updated online as they occur. We will work to substitute a like item to the best of our ability. **Allergy Notice:** ECLC is the only facility where nuts are not served. Other schools are “nut-aware”, indicating we take special care to prevent cross-contamination.

Students that require special diet accommodations must have documentation signed by a medical provider on file with the School Nutrition Department in order for the nutrition department to support them properly. Please access the nutrition section of the CSD website for the proper paperwork. *Please do not self-select menu items for students that need special consideration without speaking with Monique Breedlove, Nutrition Supervisor, at mbreedlove@csdecatur.net.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>WEEK OF:</p> <p>AUGUST 29 SEPTEMBER 26 OCTOBER 17 NOVEMBER 7 NOVEMBER 21-22 DECEMBER 5</p>	<p><u>BREAKFAST</u> French Toast w/ Syrup Or Assorted Cereal Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Cheese Ravioli Seasoned Seasoned Cooked Carrots Diced Pears Choice of Milk</p> <p><u>SNACK</u> Bug Bites 100% Juice</p>	<p><u>BREAKFAST</u> Muffin Or Assorted Cereal Fresh Fruit Choice of Milk</p> <p><u>LUNCH</u> Chicken Alfredo Steamed Broccoli Sliced Peaches Choice of Milk</p> <p><u>SNACK</u> Applesauce Cheese Slices</p>	<p><u>BREAKFAST</u> Biscuit Or Assorted Cereal Diced Pears Choice of Milk</p> <p><u>LUNCH</u> Crispy Chicken Filet Sandwich Oven Fries Fresh Fruit Choice of Milk</p> <p><u>SNACK</u> Vanilla Wafers 100% Fruit Juice</p>	<p><u>BREAKFAST</u> Waffles w/Syrup Or Assorted Cereal Fresh Fruit Choice of Milk</p> <p><u>LUNCH</u> Soft Chicken Tacos Lettuce & Tomato Seasoned Black Beans Pineapple Tidbits Choice of Milk</p> <p><u>SNACK</u> Diced Fruit Cup Choice of Milk</p>	<p><u>BREAKFAST</u> Oatmeal w/Brown Sugar Or Assorted Cereal Applesauce Choice of Milk</p> <p><u>LUNCH</u> Mac & Cheese Fresh Fruit Green Beans Choice of Milk</p> <p><u>SNACK</u> Animal Crackers 100% Fruit Juice</p>

Each student will receive all meal components on their lunch plate.
 This institution is an equal opportunity provider.

College Heights-ECLC Menu Fall 2022

We continue to experience supply chain issues that may influence menu changes. Menu changes may not be updated online as they occur. We will work to substitute a like item to the best of our ability. **Allergy Notice:** ECLC is the only facility where nuts are not served. Other schools are “nut-aware”, indicating we take special care to prevent cross-contamination.

Students that require special diet accommodations must have documentation signed by a medical provider on file with the School Nutrition Department in order for the nutrition department to support them properly. Please access the nutrition section of the CSD website for the proper paperwork. *Please do not self-select menu items for students that need special consideration without speaking with Monique Breedlove, Nutrition Supervisor, at mbreedlove@csdecatur.net.


<p>WEEK OF:</p> <p>SEPTEMBER 6 SEPTEMBER 19 OCTOBER 3 OCTOBER 24 NOVEMBER 14 DECEMBER 12</p>	<p><u>BREAKFAST</u> French Toast w/ Syrup Or Assorted Cereal Pineapple Tidbits Choice of Milk</p> <p><u>LUNCH</u> Cheese Pizza Buttered Coin Carrots Mandarin Oranges Choice of Milk</p> <p><u>SNACK</u> Goldfish Crackers 100% Fruit Juice</p>	<p><u>BREAKFAST</u> Yogurt Or Assorted Cereal Fresh Fruit Choice of Milk</p> <p><u>LUNCH</u> Chicken Nuggets w/ Dip WG Breadstick Steamed Broccoli Sliced Peaches Choice of Milk</p> <p><u>SNACK</u> Graham Crackers Cheese Slices</p>	<p><u>BREAKFAST</u> Pancakes w/Syrup Or Assorted Cereal Diced Pears Choice of Milk</p> <p><u>LUNCH</u> Turkey Roll Ups Sweet Potato Fries Fresh Fruit Choice of Milk</p> <p><u>SNACK</u> Vanilla Wafers 100% Fruit Juice</p>	<p><u>BREAKFAST</u> Sausage Or Assorted Cereal Fresh Fruit Choice of Milk</p> <p><u>LUNCH</u> Soft Beef Tacos Lettuce & Tomato Seasoned Black Beans Pineapple Tidbits Choice of Milk</p> <p><u>SNACK</u> Diced Fruit Cup Choice of Milk</p>	<p><u>BREAKFAST</u> Cinnamon Toast Or Assorted Cereal Tropical Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Beanie Weenies w/Toast Seasoned Green Beans Fresh Fruit Choice of Milk</p> <p><u>SNACK</u> Cheez-it 100% Fruit Juice</p>
--	---	---	---	---	--

Each student will receive all meal components on their lunch plate.
 This institution is an equal opportunity provider.

College Heights-ECLC Menu Fall 2022

We continue to experience supply chain issues that may influence menu changes. Menu changes may not be updated online as they occur. We will work to substitute a like item to the best of our ability. **Allergy Notice:** ECLC is the only facility where nuts are not served. Other schools are “nut-aware”, indicating we take special care to prevent cross-contamination.

Students that require special diet accommodations must have documentation signed by a medical provider on file with the School Nutrition Department in order for the nutrition department to support them properly. Please access the nutrition section of the CSD website for the proper paperwork. *Please do not self-select menu items for students that need special consideration without speaking with Monique Breedlove, Nutrition Supervisor, at mbreedlove@csdecatur.net.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>WEEK OF:</p> <p>September 12 OCTOBER 10 OCTOBER 31 NOVEMBER 28 DECEMBER 19</p>	<p><u>BREAKFAST</u> French Toast w/ Syrup Or Assorted Cereal Mandarin Oranges Choice of Milk</p> <p><u>LUNCH</u> Grilled Cheese Sandwich Mixed Vegetables Diced Pears Choice of Milk</p> <p><u>SNACK</u> Elf Cinnamon Crackers Choice of Milk</p>	<p><u>BREAKFAST</u> Cinnamon Toast Or Assorted Cereal Fresh Fruit Choice of Milk</p> <p><u>LUNCH</u> Spaghetti with Meat Sauce Steamed Broccoli Sliced Peaches Choice of Milk</p> <p><u>SNACK</u> Applesauce Cheese Slices</p>	<p><u>BREAKFAST</u> Biscuit Or Assorted Cereal Diced Pears Choice of Milk</p> <p><u>LUNCH</u> Cheese Pizza Seasoned Cooked Carrots Fresh Fruit Choice of Milk</p> <p><u>SNACK</u> Vanilla Wafers Choice of Milk</p>	<p><u>BREAKFAST</u> Muffin Or Assorted Cereal Fresh Fruit Choice of Milk</p> <p><u>LUNCH</u> Soft Chicken Tacos Lettuce & Tomato Seasoned Black Beans Pineapple Tidbits Choice of Milk</p> <p><u>SNACK</u> Diced Fruit Cup Choice of Milk</p>	<p><u>BREAKFAST</u> Oatmeal w/Brown Sugar Or Assorted Cereal Tropical Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Sloppy Joe on WG Bun Oven Fries Fresh Fruit Choice of Milk</p> <p><u>SNACK</u> Animal Crackers 100% Fruit Juice</p>

Each student will receive all meal components on their lunch plate.
 This institution is an equal opportunity provider.