


College Heights-ECLC Menu SY23/24

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 Director, at mbreedlove@csdecatur.net.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					
WEEK OF: Oct 23 - 27 Nov 13 - 17 Dec 4 - 8 Jan 16 - 19 Feb 5 - 9 Feb 26 - Mar 1 Mar 18 - 22 Apr 8 - 12 Apr 29 - May 3 May 20-22	<u>BREAKFAST</u> French Toast Sticks w/ Syrup Or Assorted Cereal w/ Toast Mixed Fruit Choice of Milk <u>LUNCH</u> Grilled Cheese Sweet Potato Fries Tropical Fruit Choice of Milk <u>SNACK</u> Snack bug bites and milk	<u>BREAKFAST</u> Yogurt with Graham Crackers Or Assorted Cereal w/Toast Mixed Fruit Choice of Milk <u>LUNCH</u> Chicken Tenders Steamed Broccoli Sliced Peaches Choice of Milk <u>SNACK</u> Graham Crackers 100% Fruit Juice	<u>BREAKFAST</u> WG MUFFIN Or Assorted Cereal w/ Toast Diced Pears Choice of Milk <u>LUNCH</u> Chicken Filet Sandwich Seasoned Cooked Carrots Tropical Mixed Fruit Choice of Milk <u>SNACK</u> Cheez Its 100% Fruit Juice	<u>BREAKFAST</u> Chicken Biscuit Or Assorted Cereal w/ Toast Applesauce Choice of Milk <u>LUNCH</u> Soft Chicken Tacos Lettuce & Tomato Seasoned Black Beans Mandarin Oranges Choice of Milk <u>SNACK</u> Strawberry Chex Choice of Milk	<u>BREAKFAST</u> Grits Bowl w/ Sausage and Eggs Or Assorted Cereal w/ Toast Tropical Mixed Fruit Choice of Milk <u>LUNCH</u> Cheese Ravioli Seasoned Green Beans Fruit Selection Choice of Milk <u>SNACK</u> Animal Crackers 100% Fruit Juice

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	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>WEEK OF:</u> Oct 30 - Nov 3 Nov 20-22 Dec 11 - 15 Dec 4 - 5 Jan 22 - 26 Mar 4 - 8 Mar 25 - 29 Apr 15 - 19 May 6 - 10 May 28 - 31	<u>BREAKFAST</u> French Toast Sticks Or Assorted Cereal w/ Toast Pineapple Tidbits Choice of Milk <u>LUNCH</u> Chicken Tenders w/Breadstick Buttered Carrots Mandarin Oranges Choice of Milk <u>SNACK</u> Chocolate Chip Oatmeal Bar 100% Juice	<u>BREAKFAST</u> WG Muffin Or Assorted Cereal w/ Toast Mixed Fruit Choice of Milk <u>LUNCH</u> Turkey Wrap Steamed Broccoli Sliced Peaches Choice of Milk <u>SNACK</u> Cheerios Apple Slices	<u>BREAKFAST</u> Pancakes w/ Syrup Or Assorted Cereal w/ Toast Diced Pears Choice of Milk <u>LUNCH</u> Hamburger Sweet Potato Fries Tropical Mixed Fruit Choice of Milk <u>SNACK</u> WG Goldfish Pretzels	<u>BREAKFAST</u> Canadian Bacon Croissant Or Assorted Cereal w/ Toast Applesauce Choice of Milk <u>LUNCH</u> Soft Beef Tacos Lettuce & Tomato Seasoned Black Beans Pineapple Tidbits Choice of Milk <u>SNACK</u> Simply Strawberry Chex Choice of Milk	<u>BREAKFAST</u> Mini Bagel with Strawberry Filling Or Assorted Cereal w/ Toast Tropical Mixed Fruit Choice of Milk <u>LUNCH</u> Cheese Pizza California Blend Fruit Selection Choice of Milk <u>SNACK</u> WG Apple Cinnamon 100% Fruit Juice

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><u>BREAKFAST</u> French Toast Sticks w/ Syrup Or Assorted Cereal w/ Toast Mixed Fruit Choice of Milk</p>	<p><u>BREAKFAST</u> Smoothie w/ Gram Crackers Or Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p>	<p><u>BREAKFAST</u> Cinnamon Roll Or Assorted Cereal w/ Toast Diced Pears Choice of Milk</p>	<p><u>BREAKFAST</u> Sausage Biscuit Or Assorted Cereal w/ Toast Applesauce Choice of Milk</p>	<p><u>BREAKFAST</u> Oatmeal w/Brown Sugar Or Assorted Cereal w/ Toast Tropical Mixed Fruit Choice of Milk</p>
<p>WEEK OF: Oct 16 - 20 Nov 6 - 10 Nov 27- Dec 1 Dec 18 - 22 Jan 8 - 12 Jan 29 - Feb 2 Feb 19 - 23 Mar 11 - 15 Apr 22 - 26 May 13 - 17</p>	<p><u>LUNCH</u> Chicken Tender w/ Breadstick Red Skin Mashed Potatoes Diced Pears Choice of Milk</p>	<p><u>LUNCH</u> Baked Ziti Steamed Broccoli Sliced Peaches Choice of Milk</p>	<p><u>LUNCH</u> Cheese Pizza Seasoned Cooked Carrots Tropical Mixed 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>LUNCH</u> Beef Slider Tater Tots Fruit Selection Choice of Milk</p>
	<p><u>SNACK</u> Graham Crackers Choice of Milk</p>	<p><u>SNACK</u> Berry Chewy Cereal Bar 100% Fruit Juice</p>	<p><u>SNACK</u> Cheez Its 100% Fruit Juice</p>	<p><u>SNACK</u> Apple Cinnamon Bar Choice of Milk</p>	<p><u>SNACK</u> Animal Crackers 100% Fruit Juice</p>