


## College Heights-ECLC Menu SY23/24

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	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
 <p><b>WEEK OF:</b></p> <p><i>Jan 16 to 19</i></p> <p><i>Feb 5-9</i></p> <p><i>Feb 26-Mar 1</i></p> <p><i>Mar 18-22</i></p> <p><i>Apr 8-12</i></p> <p><i>Apr 29-May 3</i></p> <p><i>May 20-24</i></p>	<p><b><u>BREAKFAST</u></b>            French Toast Sticks w/            Syrup            Or Assorted Cereal w/            Toast            Mixed Fruit            Choice of Milk</p> <p><b><u>LUNCH</u></b>            Grilled Cheese            Sweet Potato Fries            Tropical Fruit            Choice of Milk</p> <p><b><u>SNACK</u></b>            Snack bug bites and            milk</p>	<p><b><u>BREAKFAST</u></b>            Yogurt with Graham            Crackers            Or Assorted Cereal            w/Toast            Mixed Fruit            Choice of Milk</p> <p><b><u>LUNCH</u></b>            Chicken Tenders            Steamed Broccoli            Sliced Peaches            Choice of Milk</p> <p><b><u>SNACK</u></b>            Graham Crackers            100% Fruit Juice</p>	<p><b><u>BREAKFAST</u></b>            WG MUFFIN            Or Assorted Cereal            w/ Toast            Diced Pears            Choice of Milk</p> <p><b><u>LUNCH</u></b>            Chicken Filet            Sandwich            Seasoned Cooked            Carrots            Tropical Mixed Fruit            Choice of Milk</p> <p><b><u>SNACK</u></b>            Cheez Its            100% Fruit Juice</p>	<p><b><u>BREAKFAST</u></b>            Chicken Biscuit            Or Assorted Cereal w/            Toast            Applesauce            Choice of Milk</p> <p><b><u>LUNCH</u></b>            Soft Chicken Tacos            Lettuce &amp; Tomato            Seasoned Black Beans            Mandarin Oranges            Choice of Milk</p> <p><b><u>SNACK</u></b>            Strawberry Chex            Choice of Milk</p>	<p><b><u>BREAKFAST</u></b>            Grits Bowl w/ Sausage and            Eggs            Or Assorted Cereal w/            Toast            Tropical Mixed Fruit            Choice of Milk</p> <p><b><u>LUNCH</u></b>            Cheese Ravioli            Seasoned Green Beans            Fruit Selection            Choice of Milk</p> <p><b><u>SNACK</u></b>            Animal Crackers            100% Fruit Juice</p>

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<b><i>WEEK OF:</i></b>	<b><u>BREAKFAST</u></b> French Toast Sticks Or Assorted Cereal w/ Toast Pineapple Tidbits Choice of Milk	<b><u>BREAKFAST</u></b> WG Muffin Or Assorted Cereal w/ Toast Mixed Fruit Choice of Milk	<b><u>BREAKFAST</u></b> Pancakes w/ Syrup Or Assorted Cereal w/ Toast Diced Pears Choice of Milk	<b><u>BREAKFAST</u></b> Canadian Bacon Croissant Or Assorted Cereal w/ Toast Applesauce Choice of Milk	<b><u>BREAKFAST</u></b> Mini Bagel with Strawberry Filling Or Assorted Cereal w/ Toast Tropical Mixed Fruit Choice of Milk
<b><i>Dec 11 - 15</i></b>					
<b><i>Jan 2-5</i></b>					
<b><i>Jan 22-26</i></b>					
<b><i>Feb 12-16</i></b>	<b><u>LUNCH</u></b> Chicken Tenders w/Breadstick Buttered Carrots Mandarin Oranges Choice of Milk	<b><u>LUNCH</u></b> Turkey Wrap Steamed Broccoli Sliced Peaches Choice of Milk	<b><u>LUNCH</u></b> Hamburger Sweet Potato Fries Tropical Mixed Fruit Choice of Milk	<b><u>LUNCH</u></b> Soft Beef Tacos Lettuce & Tomato Seasoned Black Beans Pineapple Tidbits Choice of Milk	<b><u>LUNCH</u></b> Cheese Pizza California Blend Fruit Selection Choice of Milk
<b><i>Mar 4-8</i></b>					
<b><i>Mar 25-29</i></b>					
<b><i>Apr 15-19</i></b>					
<b><i>May 6-10</i></b>					
<b><i>May 27-31</i></b>	<b><u>SNACK</u></b> Chocolate Chip Oatmeal Bar 100% Juice	<b><u>SNACK</u></b> Cheerios Apple Slices	<b><u>SNACK</u></b> WG Goldfish Pretzels	<b><u>SNACK</u></b> Simply Strawberry Chex Choice of Milk	<b><u>SNACK</u></b> WG Apple Cinnamon 100% Fruit Juice

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	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
 <p><b>WEEK OF:</b></p> <p><i>November 27 - December 1 December 18 - 20 Jan 8-12 Jan 29 -Feb 2 Feb 19-23 Mar 11-15 Apr 3-5 (Break) Apr 22-26 May 13-17</i></p>	<p><b><u>BREAKFAST</u></b> French Toast Sticks w/ Syrup Or Assorted Cereal w/ Toast Mixed Fruit Choice of Milk</p> <p><b><u>LUNCH</u></b> Chicken Tender w/ Breadstick Red Skin Mashed Potatoes Diced Pears Choice of Milk</p> <p><b><u>SNACK</u></b> Graham Crackers Choice of Milk</p>	<p><b><u>BREAKFAST</u></b> Smoothie w/ Gram Crackers Or Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p><b><u>LUNCH</u></b> Baked Ziti Steamed Broccoli Sliced Peaches Choice of Milk</p> <p><b><u>SNACK</u></b> Berry Chewy Cereal Bar 100% Fruit Juice</p>	<p><b><u>BREAKFAST</u></b> Cinnamon Roll Or Assorted Cereal w/ Toast Diced Pears Choice of Milk</p> <p><b><u>LUNCH</u></b> Cheese Pizza Seasoned Cooked Carrots Tropical Mixed Fruit Choice of Milk</p> <p><b><u>SNACK</u></b> Cheez Its 100% Fruit Juice</p>	<p><b><u>BREAKFAST</u></b> Sausage Biscuit Or Assorted Cereal w/ Toast Applesauce Choice of Milk</p> <p><b><u>LUNCH</u></b> Soft Chicken Tacos Lettuce &amp; Tomato Seasoned Black Beans Pineapple Tidbits Choice of Milk</p> <p><b><u>SNACK</u></b> Apple Cinnamon Bar Choice of Milk</p>	<p><b><u>BREAKFAST</u></b> Oatmeal w/Brown Sugar Or Assorted Cereal w/ Toast Tropical Mixed Fruit Choice of Milk</p> <p><b><u>LUNCH</u></b> Beef Slider Tater Tots Fruit Selection Choice of Milk</p> <p><b><u>SNACK</u></b> Animal Crackers 100% Fruit Juice</p>

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