

ECC Breakfast Menu

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|---------------------------------------------------------------------------|-------------------------------------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Monday, Feb 26 th | Tuesday, Feb 27 th | Wednesday, Feb 28 th | Thursday, Feb 29 th | Friday, March 1 nd |
| Chicken Waffles 30g Applesauce 15g | Super Donut 23g String Cheese 1g Pears 18.9g | Breakfast Burrito 15.6g Peaches 18.1g | Yogurt 19.5g Toast 15.5g Strawberries 6.7g | Virtual Day |
| Monday, March 4 th | Tuesday, March 5 th | Wednesday, March 6 th | Thursday, March 7 th | Friday, March 8 th |
| Pancake Bites 25.3g PB Cup 7.8g Applesauce 15g | Mini Loaf 27g String Cheese 1g Pears 18.9g | Sausage Poutine 25.6g Peaches 18.1g | Yogurt Banana Split 109.8g Toast 15.5g | Cheesy Eggs 2g Toast 15.5g Chef Choice Fruit |
| Monday, March 11 th | Tuesday, March 12 th | Wednesday, March 13 th | Thursday, March 14 th | Friday, March 15 th |
| Chicken Waffle 13g Pineapple 16.6g | Super Donut 23g String Cheese 1g Mixed fruit 17.8g | Breakfast Burrito 15.6g Peaches 18.1g | Yogurt 19.5g Toast 15.5g Strawberries 6.7g | No School |
| Monday, March 18 th | Tuesday, March 19 th | Wednesday, March 20 th | Thursday, March 21 th | Friday, March 23 th |
| No School | No School | No School | No School | No School |
| Monday, March 25 th | Tuesday, March 26 th | Wednesday, March 27 th | Thursday, March 28 th | Friday, March 29 th |
| Chicken Waffles 30g Applesauce 15g | Super Donut 23g String Cheese 1g Pears 18.9g | Breakfast Burrito 15.6g Peaches 18.1g | Yogurt 19.5g Toast 15.5g Strawberries 6.7g | Scrambled Eggs 1.8g Toast 15.5g Mandarin Oranges 20.1g |

The Child Nutrition Department plays a critical role in establishing a healthy school nutrition environment to promote optimum health. Our Child Nutrition employees follows essential worker protocols set by the CDC

Due to CACFP regulations, ECC may only receive unflavored skim and 1% milk. All components offered make up reimbursable meal.

Daily Meals

- A variety of seasonal fruits and veggies served daily. Apples, salad, baby carrots and broccoli offered most days.
- Student must choose 3 food groups, one being fruit or veggie to qualify for reimbursable meal per federal guidelines.
- Carb Counts are listed in blue.
- Menus subject to change without notice due to item availability and utilization at each school site.

This institution is an equal opportunity provider and employer