

November 2022 ECC Breakfast

- Menus subject to change without notice due to item availability and utilization at each school site.
- Please use the following link for the free an reduce application.


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

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 red.

Menus subject to change.

This institution is an equal opportunity provider and employer

	Tuesday Nov. 1	Wednesday, Nov.. 2	Thursday, Nov. 3	Friday , Nov. 4
	Pancake 28g Sausage 1g Chef Choice Fruit Milk 11g	Cereal see list Toast 14g Mandarin Oranges 10g Milk 11g	Cinnamon Toast 18g Peanut Butter 7g Strawberries 13g Milk 11g	Nutrigrain Bar Strawberry 30g String Cheese 1g Apple 20g Milk 11g
Monday, Nov. 7	Tuesday, Nov. 8	Wednesday, Nov. 9	Thursday, Nov. 10	Friday, Nov. 11
Virtual Day	Breakfast Pizza 27g Applesauce 13g Milk 11g	Cereal see list Toast 14g Bananas 14g Milk 11g	Breakfast Burrito 16g Salsa 2g Pineapple 16g	Scrambled Eggs 1g WW Toast 14g Raisins 33g Milk 11g
Monday, Nov 14	Tuesday, Nov. 15	Wednesday, Nov.	Thursday, Nov. 17	Friday, Nov. 18
Egg Patty 1g Toast 14g Mixed Berries 20g Milk 11g	Mini Waffle 22g Mixed Fruit 22g Milk 11g	Cereal see list Toast 14g Mandarin Oranges 10g Milk 11g	Yogurt 19g Chef Choice Fruit Granola 15g Milk 11g	Chef Choice Milk - 11g
Monday, Nov. 21	Tuesday, Nov 22	Wednesday, Nov. 23	Thursday, Nov. 24	Friday, Nov. 25
No School	No School	No School		No School
Monday, Nov. 28	Tuesday, Nov 29	Wednesday< Nov. 30		
Egg Patty 1g Toast 14g Mixed Fruit 8g Milk 11g	Pancake 28g Sausage 1g Chef Choice Fruit Milk 11g	Cereal see list Toast 14g Mandarin Oranges 10g Milk 11g		