

November 2022 ECC Lunch

- Menus subject to change without notice due to item availability and utilization at each school site.
- Please use the following link for the free and 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 follow 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
	Salisbury Steak 4g Blue Berry Square 30g Mashed Potatoes 10g Brown Gravy 3g Orange Wedges 11g Milk 11g	Bento Box 48g Milk 11g	Mac and Cheese 18g Cowboy Bread 28g Broccoli 2g Chef Choice Fruit Milk 11g	Chicken Nuggets 16g Whole Wheat Roll 14g Baked Beans 18g Potato Wedges 8g Berry Mixed Cup 20g Milk 11g
Monday, Nov. 7	Tuesday, Nov. 8	Wednesday, Nov. 9	Thursday, Nov. 10	Friday, Nov. 11
Virtual Day	Chicken Drumstick 2 Roll 14 Mashed Potatoes 11 w/ gravy 5 Oranges 20 Milk 11	Hot Dog 26g Zucchini 1g Tots 7g Strawberries 13g Milk 11g	Nachos 24g Refried beans 9g Chef choice fruit Cauliflower 2g Milk 11g	Chicken Nuggets 16g WW roll 14g Carrot coins 4g Applesauce 6g Milk 11g
Monday, Nov 14	Tuesday, Nov. 15	Wednesday, Nov. 16	Thursday, Nov. 17	Friday, Nov. 18
Pizza see list Broccoli 4g Ranch 2g Peaches 18g Milk 11g	Creamed Chicken 2g Roll 14g Mashed Potatoes 10g Green Beans 2g Strawberries Pumpkin Bread 26g Milk 11g	Cheese Quesadilla 40g Salsa 2g Black beans 22g Mixed Fruit 8g Milk 11g	Spaghetti & Meat Sauce 47g Garlic Toast 14g Diced Pears 18g Milk 11g	Chicken Nuggets 16g WW roll 14g Corn 8g Mixed Berry Cup 20g 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		
Pizza see list Broccoli 4g Ranch 2g Peaches 18g Milk 11g	Salisbury Steak 4g Blue Berry Square 30g Mashed Potatoes 10g Brown Gravy 3g Orange Wedges 11g Milk 11g	Bento Box 48g Milk 11g		