



ECI Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets Tater Tots Broccoli w/ Cheese Fruit Milk or 100% Juice	Hamburger Steak Herb Potatoes Green Beans Dessert Milk or 100% Juice	Spaghetti w/ Meatballs Garden Salad Garlic Bread Fruit Milk or 100% Juice	Chicken Quesadillas Lettuce/Tomatoes Spanish Rice Cinnamon Crisp Milk or 100% Juice	Vegetable Lasagna Garden Salad Garlic Bread Fruit Milk or 100% Juice
Chicken Fried Steak Mashed Potatoes Steamed Broccoli Fruit Milk or 100% Juice	Honey Baked Chicken Oven Potatoes Green Beans Dessert Milk or 100% Juice	Baked Ziti Garden Salad Garlic Bread Fruit Milk or 100% Juice	Beef Tacos Spanish Rice Refried Beans Cinnamon Crisp Milk or 100% Juice	Beef Tips over Noodles Black-Eyed Peas Dinner Roll Fruit Milk or 100% Juice
Chicken Fingers Mac & Cheese Green Peas Fruit Milk or 100% Juice	Sliced Brisket Baked Beans Herb Potatoes Dessert Milk or 100% Juice	Baked Sliced Turkey Mashed Potatoes Glazed Carrots Fruit Milk or 100% Juice	Beef & Bean Tostado Mexi Corn Lettuce/Tomatoes Apple Crisp Milk or 100% Juice	Homemade Pizza Cheese or Pepperoni Veggie Sticks w/ Ranch Fruit Milk or 100% Juice
Fish Sticks Tater Tots Green Beans Fruit Milk or 100% Juice	Sweet n Sour Chicken Fried Rice Egg Roll Dessert Milk or 100% Juice	Lasagna Garden Salad Garlic Bread Fruit Milk or 100% Juice	Beef & Cheese Nachos Refried Beans Lettuce/Tomatoes Cinnamon Crisp Milk or 100% Juice	Baked Chicken Cornbread Dressing Green Bean Casserole Fruit Milk or 100% Juice
Brunch for Lunch Scrambled Eggs Sausage Patty Hash Browns Milk or 100% Juice	Baked Ham Herbed Oven Potatoes Green Beans Fruit Milk or 100% Juice	Beef Stroganoff Herbed Noodles Mixed Veggies Dessert Milk or 100% Juice	Chicken Tacos Spanish Rice Refried Beans Apple Crisp Milk or 100% Juice	