

EAST CENTRAL ISD 2019-2020 ECHS (JOHN GLENN)

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAB AND GO BREAKFAST:	Cereal w/ toast	Cereal w/ toast	Cereal w/ toast	Cereal w/ toast	Cereal w/ toast
	Poptart w/ toast	Poptart w/ toast	Poptart w/ toast	Poptart w/ toast	Poptart w/ toast
	Nutrigrain Bar w/ toast	Nutrigrain Bar w/ toast	Nutrigrain Bar w/ toast	Nutrigrain Bar w/ toast	Nutrigrain Bar w/ toast
	French Toast Grahams	French Toast Grahams	French Toast Grahams	French Toast Grahams	French Toast Grahams
	Yogurt with Granola	Yogurt with Granola	Yogurt with Granola	Yogurt with Granola	Yogurt with Granola
	Choice of fruit juice and fresh fruit	Choice of fruit juice and fresh fruit	Choice of fruit juice and fresh fruit	Choice of fruit juice and fresh fruit	Choice of fruit juice and fresh fruit

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WK 1 8/19, 9/2, 9/16, 9/30, 10/14, 10/28, 11/11, 12/2, 12/16, 1/13, 1/27, 2/10, 2/24, 3/16, 3/30, 4/1, 4/13, 4/27, 5/11, 5/25	Asian Chicken w/ Stir Fried Rice or Corndog Steamed Carrots Fresh Broccoli w/ranch Cobb Salad Turkey and Ham Sub PB&J w/ Cheese stick Yogurt w/ Cheese stick Lettuce & Tomato Mandarin Oranges	Chicken Nuggets or Chicken Fried Steak w/roll Mashed potatoes Mixed Green Salad Greek Salad Turkey and Cheese Croissant PB&J w/ Cheese stick Yogurt w/ Cheese stick Lettuce & Tomato Peaches w/whip topping	Buffalo Strips or Chicken Tenders w/roll Steamed Corn Pinto Beans Chef Salad Ham & Cheese Sandwich PB&J w/ Cheese stick Yogurt w/ Cheese stick Lettuce & Tomato Pears w/Grapes	Chicken Parmesan with Pasta or Beef Sliders Celery & Tomatos Mixed Green Salad Chicken Fajita Salad Ham & Swiss on Pretzel PB&J w/ Cheese stick Yogurt w/ Cheese stick Lettuce & Tomato Applesauce	Soup of the Day and Sandwich or Personal Pizza Vegetable Medley Sweet Potato Fries Asian Chicken Salad Italian Sub PB&J w/ Cheese stick Yogurt w/ Cheese stick Lettuce & Tomato Blueberries w/whip topping
	WK 2 8/26, 9/9, 9/23, 10/7, 10/21, 11/4, 11/18, 12/9, 1/6, 1/20, 2/3, 2/17, 3/2, 3/23, 4/6, 4/20, 5/4, 5/18	Chicken Sandwich or Personal Pizza Baby Carrots w/ ranch Fresh Broccoli w/ranch Cobb Salad Turkey and Ham Sub PB&J w/ Cheese stick Yogurt w/ Cheese stick Lettuce & Tomato Mandarin Oranges	Taco Salad or Spicy Chicken Burger French Fries Mixed Green Salad Greek Salad Turkey and Cheese Croissant PB&J w/ Cheese stick Yogurt w/ Cheese stick Lettuce & Tomato Peaches w/whip topping	Enchilada w/chili or Chili Cheese Dog Steamed Corn Pinto Beans Chef Salad Ham & Cheese Sandwich PB&J w/ Cheese stick Yogurt w/ Cheese stick Lettuce & Tomato Pears w/Grapes	Mac & Cheese Supreme or Beef Sliders Potato Smiles Mixed Green Salad Chicken Fajita Salad Ham & Swiss on Pretzel PB&J w/ Cheese stick Yogurt w/ Cheese stick Lettuce & Tomato Applesauce
Grill and Deli items also have same vegetable and fruit choices offered *Yogurt Meals served with Granola *PB&J Meals served with crackers *Salads served with croutons and crackers- unless otherwise noted					

If 3-5 items are not selected for reimbursable meal, students will be charged a la carte prices. Choose one serving of fruit or vegetable at lunch for reimbursable meal. Skim chocolate, white and strawberry milk and 1% white milk available for breakfast and lunch. Students may decline any food items. Menus subject to change without notice due to availability of food items.					
Thanksgiving Dinner - Nov 19th			Holiday Meal - Dec 17th		
VEG 3/4(3.75)	RED/ORANGE 3/4	DARK GREEN 1/2	STARCH 1/2	BEANS/ LEGUMES 1/2	OTHER 1/2

This institution is an equal opportunity provider.