

East Central High School Menu 2020-2021

BREAKFAST Main Lines	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit & Milk with all meals	Pancake on a Stick or Yogurt Parfait w/Granola or Cereal with Graham Raisins Orange Juice Milk	Biscuit & Egg Sandwich or Oatmeal with Toast or Yogurt Parfait w/granola Fresh Banana Apple Juice Milk	Cinnamon Roll w/sausage or Yogurt Parfait w/Granola or Cereal with Graham Fresh Apple Orange Juice Milk	Breakfast Pizza or Oatmeal with Toast or Yogurt Parfait w/granola Fresh Orange Apple Juice Milk	Donut with Sausage or Yogurt Parfait w/Granola or Cereal with Graham Fresh Pear Orange Juice Milk
	BREAKFAST Corner Café	Blueberry Smoothie w/granola or Poptart w/grahams Raisins Orange Juice Milk	Peach Smoothie w/granola or Yogurt Parfait w/granola Fresh Banana Apple Juice Milk	Strawberry Smoothie w/granola or Nutrigrain w/ grahams Fresh Apple Orange Juice Milk	Banana Smoothie w/granola or Yogurt Parfait w/granola Fresh Orange Apple Juice Milk

LUNCH week #1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/12, 10/26, 11/9, 11/30, 12/14, 1/11, 1/25, 2/8, 2/22, 3/15, 3/29, 4/12, 4/26, 5/10, 5/24 Fruit & Milk with all meals	Asian Bowl w/fried rice and egg roll Steamed Broccoli Steamed Carrots or Ham & Cheese Sandwich Fresh Broccoli w/ranch Baby Carrots w/ranch Lettuce Tomato Cup Fresh Apple Blueberries Milk	Chicken Nuggets w/BBQ and roll Mashed Potatoes Green Beans or Chef Salad w/cROUTONS Jicama Fresh Orange Peaches w/whip topping Milk	Crispy Beef Tacos Pinto Beans Corn / Salsa or Chicken Fajita Salad w/ chips and salsa Cucumbers Fresh Banana Pears with grapes Milk	Spaghetti and Meatsauce with breadstick Sweet Potato Fries Vegetable Medley or Greek Salad w/cROUTONS Baby Carrots Fresh Pear Applesauce Milk	Chili Cheese Hotdog Mixed Vegetables Potato Smiles or Southwest Kit (diced chicken, salsa, chips) Corn (served cold) Black Beans (served cold) Raisins Strawberries w/whip Milk

LUNCH week #2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/5, 10/19, 11/2, 11/16, 12/7, 1/4, 1/18, 2/1, 2/15, 3/1, 3/22, 4/5, 4/19, 5/3, 5/17 Fruit & Milk with all meals	Grilled Chicken Parmesan w/breadstick Steamed Broccoli Steamed Carrots or Ham & Cheese Sandwich Fresh Broccoli w/ranch Baby Carrots w/ranch Lettuce Tomato Cup Fresh Apple Blueberries Milk	Chicken Fried Steak with Roll & gravy Mashed Potatoes Green Beans or Chef Salad w/cROUTONS Jicama Fresh Orange Peaches w/whip topping Milk	Chipotle Fish Tacos Pinto Beans Corn / Pico or Chicken Fajita Salad w/ chips and salsa Cucumbers Fresh Banana Pears with grapes Milk	Pepperoni Pizza Sweet Potato Fries Vegetable Medley or Greek Salad w/cROUTONS Baby Carrots Fresh Pear Applesauce Milk	Cheeseburger Mixed Vegetables Potato Smiles Lettuce Tomato Cup or Southwest Kit (diced chicken, salsa, chips) Corn (served cold) Black Beans (served cold) Raisins Strawberries w/whip Milk

This institution is an equal opportunity provider

