



## C-EB Schools Menu Cycle

(subject to changes as needed due to availability)

	Week #1		Week #2		Week #3		Week #4	
	Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch
<b>Monday</b>	Pancake on a stick or whole grain item (cereal, bfst. bar, muffin) fruit, milk	Chicken patty on a bun, potatoes, green beans, peaches, milk	Breakfast burrito w/ salsa or whole grain item (cereal, bfst. bar, muffin) fruit, milk	BBQ on a bun, tater tots, fruit, milk	Breakfast pizza with egg and sausage or whole grain item (cereal, bfst. bar, muffin) fruit, milk	Chicken fajita meat on softshells, carrots, celery, fruit cup, milk	Pancake on a stick or whole grain item (cereal, bfst. bar, muffin) fruit, milk	Goulash, bread stick, mixed veggies, fruit cup, milk
<b>Tuesday</b>	Breakfast burrito w/ salsa or whole grain item (cereal, bfst. bar, muffin) fruit, milk	Super nachos, baby carrots, apple sauce, milk	Oatmeal, muffin or whole grain item (cereal, bfst. bar, muffin) fruit, milk	Chili bowl, cheese, crackers, fresh salad, fruit, milk	Ham patty, boiled eggs or whole grain item (cereal, bfst. bar, muffin) fruit, milk	Taco burger on a bun, sweet rice, celery sticks, apple sauce, milk	Oatmeal, toast or whole grain item (cereal, bfst. bar, muffin) fruit, milk	Burritos, corn, whole grain goldfish, celery sticks, apple sauce, milk
<b>Wednesday</b>	Cocoa wheats and toast or whole grain item (cereal, bfst. bar, muffin) fruit, milk	Hotdog on a bun, baked beans, celery sticks, apple, milk	Biscuit, gravy or whole grain item (cereal, bfst. bar, muffin) fruit, milk	Corn dog, green beans, apple, milk	French toast sticks or whole grain item (cereal, bfst. bar, muffin) fruit, milk	Spaghetti, toast, carrot and celery sticks, apple, milk	Breakfast burrito w/ salsa or whole grain item (cereal, bfst. bar, muffin) fruit, milk	Beef noodle casserole, mixed veggies, fresh fruit, milk
<b>Thursday</b>	Biscuit, gravy or whole grain item (cereal, bfst. bar, muffin) fruit, milk	Cheeseburger on a bun, fries, baby carrots, mixed fruit, milk	Breakfast pizza with egg and sausage or whole grain item (cereal, bfst. bar, muffin) fruit, milk	Cheeseburger on a bun, fries, baby carrots, mixed fruit, milk	Biscuit, gravy or whole grain item (cereal, bfst. bar, muffin) fruit, milk	Pizza, baby carrots, fresh fruit, milk	Biscuit, gravy or whole grain item (cereal, bfst. bar, muffin) fruit, milk	Chicken nuggets, potatoes, gravy, fresh orange, milk
<b>Friday</b>	Breakfast pizza with egg and sausage or whole grain item (cereal, bfst. bar, muffin) fruit, milk	Sub sandwich, chips, fresh orange, milk	Sausage links, boiled eggs, toast, or whole grain item (cereal, bfst. bar, muffin) fruit, milk	Chicken strips, rice pilaf, fresh orange, milk	Scrambled eggs, sausage links, or whole grain item (cereal, bfst. bar, muffin) fruit, milk	Sub sandwich, chips, fresh orange, milk	Breakfast pizza with egg and sausage or whole grain item (cereal, bfst. bar, muffin) fruit, milk	Cheeseburger on a bun, fries, baby carrots, mixed fruit, milk