



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
Monday	Pancake on a stx, fruit juice, 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	Hamburger gravy, mashed potatoes, green beans, bread slice, milk	Breakfast pizza with egg and sausage or whole grain item (cereal, bfst. bar, muffin) fruit, milk	BBQ on a bun, tater tots, fruit, milk	Pancake on a stick or whole grain item (cereal, bfst. bar, muffin) fruit, milk	Goulash, bread stick, mixed veggies, fruit cup, milk
Tuesday	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	Super Potato, fruit, milk	Breakfast sandwich, juice, fruit, milk	Taco burger, sweet rice, carrots, fruit, milk	Oatmeal, toast or whole grain item (cereal, bfst. bar, muffin) fruit, milk	Hamburger gravy, mashed potatoes, WK Corn bread slice, milk
Wednesday	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	Chili bowl crackers celery, cheese sticks, 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	Scalloped potato, Ham slice, bread slice, mixed veggies, fresh fruit, milk
Thursday	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	Sub sandwich, soup, apple, celery, milk	Biscuit, gravy or whole grain item (cereal, bfst. bar, muffin) fruit, milk	Chicken nuggets, potatoes, gravy, fresh orange, milk
Friday	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	Beef noodle casserole, green beans, bread slice fresh 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