





**ECE Lunch Menu
AUGUST 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
		AUGUST 21 Chicken tender or Turkey sub French fries Pineapple Chunks 	AUGUST 22 Mac and Cheese OR Tuna Sub Steam brocolini Orange Wedges	AUGUST 23 Taco bar and cheese Quesadilla Black Beans / Guacamole and Tricolor chips Or Tuna Sub Fruit
AUGUST 26 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit	AUGUST 27 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges	AUGUST 28 Chicken Chinese rice egg rolls Turkey sub Green Beans Spa Water	AUGUST 29 Spiral Pasta Alfredo OR Tuna Sub Caesar Salad Peas & Carrots Peach slices	AUGUST 30 Cheese Ravioli OR Tuna Sub Steamed Brocollini Pear Slices

Note: A ll pasta and couscous will be whole grain and protein enriched.

Salad bar: Romaine lettuce, spinach, edamame, couscous, quinoa, pasta salad, chick peas, carrots, green peppers, tomatoes, cucumber, onions, black olives, sweet corn, pickles, tuna, egg hard boiled. Spa water everyday.



**ECE Lunch Menu
SEPTEMBER 2019**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
SEPTEMBER 2 NO SCHOOL 	SEPTEMBER 3 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges	SEPTEMBER 4 Penne pasta w/ meat sauce or Turkey sub Garlic bread Steam brocolini Fruit	SEPTEMBER 5 Baked Ziti OR Tuna Sub Garlic Bread Green Beans Pineapple chunks	SEPTEMBER 6 Whole Wheat Pizza Bagel, Veggie pizza bagel or Tuna sub Sweet potatoes fries Apple Slices
SEPTEMBER 9 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit	SEPTEMBER 10 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges	SEPTEMBER 11 Beef Lo mein Turkey Sub Broccoli Pineapple Chunks	SEPTEMBER 12 Taco bar and cheese Quesadilla Black Beans / Guacamole and Tricolor chips Or Tuna Sub Fruit	SEPTEMBER 13 Elbow pink sauce or Tuna Sub Steamed broccoli Whole wheat roll Pear slices
SEPTEMBER 16 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit	SEPTEMBER 17 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges	SEPTEMBER 18 Arroz con pollo Sweet plantain Turkey sub Green Beans Pineapple Chunks	SEPTEMBER 19 Cheese Lasagna OR Tuna Sub Baked Tater Tots Mixed Veggies Pear Slices	SEPTEMBER 20 Mac and Cheese OR Tuna Sub Steam broccoli Orange Wedges
SEPTEMBER 23 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit	SEPTEMBER 24 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges	SEPTEMBER 25 Chicken tender or Turkey sub French fries Pineapple Chunks	SEPTEMBER 26 Spiral Pasta Alfredo OR Tuna Sub Caesar Salad Peas & Carrots Peach slices	SEPTEMBER 27 Cheese Quesadilla Black Beans / Guacamole and Tricolor chips Or Tuna Sub Fruit
SEPTEMBER 30 NO SCHOOL 				

Note: All pasta and couscous will be whole grain and protein enriched.

Salad bar: Romaine lettuce, spinach, edamame, couscous, quinoa, pasta salad, chick peas, carrots, green peppers, tomatoes, cucumber, onions, black olives, sweet corn, pickles, tuna, egg hard boiled. Spa water everyday.