

## ECE Lunch Menu AUGUST 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		AUGUST 21	AUGUST 22	AUGUST 23
		Chicken tender or	Mac and Cheese	Taco bar and cheese
		Turkey sub	OR Tuna Sub	Quesadilla
		French fries	Steam brocolini	Black Beans / Guacamole
	Hebrew Academy	Pineapple Chunks	Orange Wedges	and Tricolor chips
	BACK TO SCHOOL			Or Tuna Sub
	KICK OFF TUESDAY, AUGUST 20 12:00-3-00 PM 24:00 PME THEE DRIVE MAANS BEACK! FLORIDA	SCHOOL		Fruit
AUGUST 26	AUGUST 27	AUGUST 28	AUGUST 29	AUGUST 30
Barbecue day:	Cheese Pizza	Chicken Chinese rice	Spiral Pasta Alfredo	Cheese Ravioli
Grilled Chicken	Or Tuna Sub	egg rolls	OR Tuna Sub	OR Tuna Sub
Hamburger	Caesar salad	Turkey sub	Caesar Salad	Steamed Brocollini
Sweet potatoes fries	Orange Wedges	Green Beans	Peas & Carrots	Pear Slices
Fruit		Spa Water	Peach 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

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

## **NO SCHOOL**

