

ECFC T-K October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>SCHOOL LUNCH PIRATES FIND YOUR TREASURE! OCTOBER 14-19, 2024</p>	1 Frudel Raisins 	2 Cinni Minis Applesauce	3 Flapstick Mandarin Oranges	4 Mini Pancakes Apple Slices
	Pizza Garden Salad w/ Tomato Ranch Dressing Applesauce Milk	Mini Pancakes & Sausage Hash Brown Coins Baby Carrots Mandarin Oranges Milk	Soft Taco Cheese, Lettuce, & Salsa Refried Beans Apple Slices Milk	Chicken Parmesan Dippers Breadstick Green Beans Peaches Milk
7 Cereal & Toast Raisels	8 French Toast Sticks Pineapple	9 Biscuit & Gravy Mandarin Oranges	10 Scrambled Eggs & Toast Peaches	11 1/2 Day School Improvement Donut Strawberries
Chicken Patty on Bun Corn Baby Carrots Pineapple Milk	Chicken & Noodles Steamed Broccoli Baby Carrots Mandarin Orange Milk 	Grilled Cheese Cow Boy Beans Sunset Sipper Peaches Milk	Pizza Sticks Mariana Sauce Green Beans Strawberries Milk 	Pizza Bento Box Mixed Fresh Veggies Ranch Dressing Apple Slices Milk
14 No School Columbus Day 	15 Flapstick Mixed Fruit Cheese Quesadilla W/Salsa Green Beans Baby Carrots Apple Sauce Milk 	16 Mini Pancakes & Syrup Apple Sauce Tenderloin on Bun Mashed Potatoes and Gravy Carrot Sticks Pears Milk 	17 Egg & Cheese Slider Peaches Four Cheese Garlic Bread Marinara Sauce Green Beans Peaches Milk	18 Mini French Toast Pears Corn Dog Baked Beans Baby Carrots & ranch Pineapple Milk 
21 Long John Raisins Cheese Pizza Green Beans Baby Carrots Mandarin Oranges Milk	22 Cereal & Toast Mandarin Oranges Popcorn Chicken Oven Fries Baby Carrots Strawberries Milk	23 Banana Bread Strawberries Macaroni & Cheese Cheese Stick/ Breadstick Steamed Broccoli Apple Sauce Fruit & Milk	24 Breakfast Pizza Applesauce Walking Tacos Cheese, Lettuce, & Salsa Refried Beans Peaches Milk	25 Pancake Sandwich Peaches Turkey & Cheese Wrap California Blend Vegetables Baby Carrots Fruit & Cookie Milk
28 Mini Pancakes & Syrup Craisins Hot Dog on Bun Sweet Potato Fries Baby Carrots Peaches Milk	29 Scrambled Eggs & Toast Peaches Spaghetti w/Meat Sauce Breadstick Romaine Salad w/ Ranch Apple Slices Milk	30 Biscuit & Gravy Apple Slices Pepperoni Pizza Calzone Mixed Fresh Veggies Ranch Pears Milk	31 Sausage Slider Pears Chicken Nuggets Mashed Potatoes & Gravy Baby Carrots Strawberries Milk	