

EAST CHAMBERS PRIMARY
4 WEEK CYCLE MENU 2019-2020 PG 1 OF 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>BREAKFAST PIZZA</u> Chicken Patty on Bun or Hot and Spicy Chicken Patty on Bun Broccoli and Cheese Potato Smiles Romaine Salad or Fresh Vegetables Applesauce or Fresh Fruit Choice of Milk	<u>FRENCH TOAST STICKS</u> Beef and Cheese Nachos or Breaded Beef on Bun Refried Beans Spanish Rice Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>KOLACHE</u> Pepperoni Pizza or Chef Salad Corn Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>PANCAKES</u> Oven Fried Chicken or Blueberry Parfait Mashed Potatoes Gravy Cheesy Green Beans Roll Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	<u>SAUSAGE PANCAKE STICK</u> Bosco Cheese Sticks or Hot Ham and Cheese on Bun Oven Baked Chips Romaine Salad or Fresh Vegetables Pineapple or Fresh Fruit Choice of Milk
12/16, 01/13, 02/10, 04/06 05/04	12/17, 01/14, 02/11, 04/07 05/05	12/18, 01/15, 02/12, 04/08 05/06	12/19, 01/16, 02/13, 04/09 05/07	12/20, 01/17, 02/14 05/08
<u>BREAKFAST PIZZA</u> Hamburger on Bun or Hot and Spicy Chicken Patty on Bun French Fries Baked Beans Romaine Salad or Fresh Vegetables Applesauce of Fresh Fruit Choice of Milk	<u>FRENCH TOAST STICKS</u> Cuban Flatbread Sandwich Or Grilled Cheese sandwich Tomato Soup Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>KOLACHE</u> Cheese Pizza or Grilled Ham And Cheese Green Peas Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>PANCAKES</u> Chili or Yogurt Tray Green Beans Rice Crackers Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	<u>SAUSAGE PANCAKE STICK</u> Chicken Nuggets or Ham and Cheese Quesadilla Broccoli Cheese Rice Potato Smiles Romaine Salad or Fresh Vegetables Smoothie or Fresh Fruit Choice of Milk
03/16, 04/13, 05/11	01/21, 02/18, 03/17, 04/14 05/12	01/22, 02/19, 03/18, 04/15 05/13	01/23, 02/20, 03/19, 04/16 05/14	01/24, 02/21, 03/20, 04/17 05/15

EAST CHAMBERS PRIMARY
4 WEEK CYCLE MENU 2019-2020 PG 2 OF 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>BREAKFAST PIZZA</u> BBQ on Bun or Hot and Spicy Chicken Patty on Bun French Fries Baked Beans Romaine Salad or Fresh Vegetables Applesauce or Fresh Fruit Choice of Milk 01/27, 02/24, 03/23, 04/20	<u>FRENCH TOAST STICKS</u> Chicken Quesadilla or Breaded Beef on Bun Pinto Beans Spanish Rice Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk 01/28, 02/25, 03/24, 04/21	<u>KOLACHE</u> Pepperoni Pizza Chef Salad Seasoned Carrots Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk 01/29, 02/26, 03/25, 04/22	<u>PANCAKES</u> Steak Fingers or Strawberry Parfait Mashed Potatoes W/ Gravy Corn Roll Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk 01/30, 02/27, 03/26, 04/23	<u>SAUSAGE PANCAKE STICK</u> Corn Dogs or Hot Ham and Cheese on Bun French Fries Peas Romaine Salad or Fresh Vegetables Pineapple or Fresh Fruit Choice of Milk 01/31, 02/28, 03/27, 04/24

<u>BREAKFAST PIZZA</u> Hot Dog on Bun or Hot and Spicy Chicken Patty on Bun Pork-n-Beans Potato Smiles Romaine Salad or Fresh Vegetables Applesauce or Fresh Fruit Choice of Milk 01/06, 02/03, 03/2, 03/30 04/27	<u>FRENCH TOAST STICKS</u> Beef and Cheese Burrito or Crispy Beef Taco Pinto Beans Spanish Rice Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk 01/07, 02/04, 03/03, 03/31 04/28	<u>KOLACHE</u> Cheese Pizza or Grilled Cheese Green Beans Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk 01/08, 02/05, 03/04, 04/01 04/29	<u>PANCAKES</u> Ravioli or Yogurt Tray Green Peas Roll Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk 01/09, 02/06, 03/05, 04/02 04/30	<u>SAUSAGE PANCAKE STICK</u> Chicken Tenders w/ Roll or Ham and Cheese Quesadilla Corn French Fries Romaine Salad or Fresh Vegetables Smoothie or Fresh Fruit Choice of Milk 01/10, 02/07, 03/06, 04/03 05/01
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*This menu is subject to change

**"This institution is an equal opportunity provider. This program is funded by USDA."