



EEC Lunch

# January 2019

## In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber

In addition, oranges are a good source of B vitamins including Vitamin B1, Pantothenic acid, and Folate as well as Vitamin A, Calcium, Copper, and Potassium



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**NO SCHOOL 1**

Stuffed Cheeseburger **2**  
Sweet Potato Puffs  
Pineapple chunks

Tyson Chicken Nuggets **3**  
Steamed Broccoli  
Baked apples

Bosco Cheese sticks **4**  
With dipping sauce  
Steamed corn

Turkey hotdog on WG bun **7**  
Mixed vegetables  
Fruit

Macaroni & cheese **8**  
Steamed Broccoli  
Fruit

Baked Chicken Drumsticks **9**  
Sweet Potato Puffs  
Baked apples

Bosco Stuffed crust pizza **10**  
Steamed corn  
Fruit

Fish Sticks **11**  
Baked Beans  
Roll  
Fruit

Italian Peperoni Calzone **14**  
Steamed Green Beans  
Fruit

Cheese Quesadilla **15**  
Baked Beans  
Fruit

Cinnamon Dutch Waffle **16**  
Sausage  
Sweet potato  
Mandarin Oranges

Tyson Chicken Tenders **17**  
Steamed corn  
Roll  
Baked apples

Pepperoni pizza Bites **18**  
Garden salad  
Fruit

**NO SCHOOL 21**

Breaded chicken sandwich **22**  
Baked beans  
Fruit

French toast Sticks **23**  
Turkey sausage  
Sweet potato  
Baked apples

Cheeseburger **24**  
Baked Potato smiles  
Fruit

Tony's French Bread pizza **25**  
Steamed broccoli  
Fruit

Grilled Cheese Sandwich **28**  
Steamed green beans  
Fruit

Mini corn dogs **29**  
Baked beans  
Fruit

Stuffed cheeseburger **30**  
Sweet potato puffs  
Pineapple chunks

Tyson chicken nuggets **31**  
Steamed broccoli  
Baked apples

## Announcements

## Meal Prices

Students \$2.65  
Adults \$4.10