



EEC Lunch

March 2019

In Season Brussels Sprouts

Brussels sprouts are a good source of fiber, manganese, potassium, choline, and B vitamins

You can steam brussels sprouts and toss them with olive oil, Parmesan cheese, or butter.



Monday

Tuesday

Wednesday

Thursday

Friday

Bosco Cheese Sticks w/dipping sauce
Steamed Corn **1**

Turkey Hot dog on WG bun
Mixed Vegetables **4**

Macaroni & cheese
Steamed Broccoli **5**

Tyson Baked Chicken Drumstick
Sweet Potato Puffs
WG dinner roll **6**

Bosco WG Stuffed crust Pizza
Steamed Corn **7**

WG Fish Sticks
Baked Beans
Baked Apples
WG dinner roll **8**

Italian Pepperoni Calzone
Steamed Green Beans **11**

Cheese Quesadilla
Baked Beans **12**

Cinnamon Dutch Waffle
Sweet Potato Puffs
Turkey Sausage
Mandarin oranges **13**

Chicken Tenders
Steamed Corn
Baked Apples **14**

Pepperoni Pizza Bites
Garden Salad **15**

Pasta Rotini With meat sauce
Steamed Green Beans **18**

Breaded Chicken Sandwich
Steamed Corn **19**

French Toast Sticks
Sweet Potato Puffs
Turkey Sausage
Apple slices **20**

Cheeseburger
Baked Potato Smiles **21**

Tony's French Bread Pizza
Steamed Broccoli **22**

Grilled Cheese Sandwich
Steamed Green Beans **25**

Mini Corn dogs
Baked Beans
Fruit cups **26**

Stuffed Cheeseburger
Sweet Potato FF
Pineapple chunks **27**

Tyson Chicken Nuggets
Steamed Broccoli
Baked apples **28**

Bosco cheese Sticks w/dipping sauce
Steamed Corn **29**

Announcements

Meal Prices

Students: \$2.65
Adults: \$4.10