

ECC Lunch Menu

The Child Nutrition Department is critical in establishing a healthy school nutrition environment to promote optimum health. Our Child Nutrition employees follow essential worker protocols set by the CDC

Monday, May 6	Tuesday, May 7	Wednesday, May 8	Thursday, May 9	Friday, May 10
Super Nachos 25.2g Black beans 22.6g Mandarin oranges 20.1g	Hamburger 28g Crinkle fries 15.9g Strawberries 13.4g	Pizza See List , Carrots 8.7g Pears 19g	Spaghetti 34g & sauce 7.8g , garlic bread 15.6g Roasted broccoli 7.6g Peaches 18.2g	Chicken nuggets 16.3g Tots 14.1g Roll 14g Corn 21.3g Pineapple 16.6g
Monday, May 13	Tuesday, May 14	Wednesday, May 15	Thursday, May 16	Friday, May 17
Grilled Cheese 35g Steamed Carrots 8.7g Peaches 18.1g	Salisbury Steak 4g Mashed potatoes with gravy 11g Green beans 3.3g Blueberry squares 30.4g Rosy applesauce 14.9g	Pizza See List Black-eyed peas 32.1g Peaches 18.1g	Hamburger 28g Side salad 1.2g Mixed Fruit 17.8g	Chicken nuggets 16.3g Tots 14.1g Roll 14g Mandarin oranges 20.1g
Monday, May 20	Tuesday, May 21			
Chef Choice Broccoli 4.3g Peaches 18.1g	Bento Box 62.5g			

Daily Meals

- A variety of seasonal fruits and veggies are served daily. Apples, salad, baby carrots, and broccoli are offered most days.
- Students must choose 3 food groups, one being fruit or veggie to qualify for reimbursable meals per federal guidelines.
- Carb Counts are listed in [blue](#).
- Menus are subject to change without notice due to item availability and utilization at each school site.

This institution is an equal opportunity provider and employer