
































ECCHS BREAKFAST MENUS

 FRESH FRUIT BASKET SERVED DAILY.

























































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SMOOTHIE WORLD</p> <p>Peach Mango Smoothie</p> <p>Graham Crackers Choice of Fruit  Choice of Milk</p>	<p>SMOOTHIE WORLD</p> <p>Strawberry Banana Smoothie</p> <p>Graham Crackers Choice of Fruit  Choice of Milk</p>	<p>SMOOTHIE WORLD</p> <p>Tropical Fruit Smoothie</p> <p>Graham Crackers Choice of Fruit  Choice of Milk</p>	<p>SMOOTHIE WORLD</p> <p>Strawberry Banana Smoothie</p> <p>Graham Crackers Choice of Fruit  Choice of Milk</p>	<p>SMOOTHIE WORLD</p> <p>Watermelon Raspberry Smoothie</p> <p>Graham Crackers Choice of Fruit  Choice of Milk</p>
<p>BISCUIT BISTRO</p> <p>Chicken Biscuit or  Spicy Chicken Biscuit</p> <p>Choice of Fruit  Choice of Juice  Choice of Milk</p>	<p>BISCUIT BISTRO</p> <p>Chicken Biscuit or Sausage Biscuit or  Spicy Chicken Biscuit</p> <p>Choice of Fruit  Choice of Juice  Choice of Milk</p>	<p>BISCUIT BISTRO</p> <p>Chicken Biscuit or  Spicy Chicken Biscuit</p> <p>Choice of Fruit  Choice of Juice  Choice of Milk</p>	<p>BISCUIT BISTRO</p> <p>Chicken Biscuit or  Steak Biscuit or  Spicy Chicken Biscuit</p> <p>Choice of Fruit  Choice of Juice  Choice of Milk</p>	<p>BISCUIT BISTRO</p> <p>Chicken Biscuit or  Spicy Chicken Biscuit</p> <p>Choice of Fruit  Choice of Juice  Choice of Milk</p>
<p>LIGHT & FIT</p> <p>Cereal Bar or Choc. Chip French Toast Gogurt</p> <p>Choice of Fruit  Choice of Juice  Choice of Milk</p>	<p>LIGHT & FIT</p> <p>Cereal on the Go or Mini Maple Waffles Gogurt</p> <p>Choice of Fruit  Choice of Juice  Choice of Milk</p>	<p>LIGHT & FIT</p> <p>Cereal Bar or Cinnamon French Toast Gogurt</p> <p>Choice of Fruit  Choice of Juice  Choice of Milk</p>	<p>LIGHT & FIT</p> <p>Cereal on the Go or Muffins Gogurt</p> <p>Choice of Fruit  Choice of Juice  Choice of Milk</p>	<p>LIGHT & FIT</p> <p>Cereal Bar or Belvita Breakfast Bar Gogurt</p> <p>Choice of Fruit  Choice of Juice  Choice of Milk</p>



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ECCHS JANUARY LUNCH MENUS

 FRESH FRUIT BASKET AND CARROTS SERVED DAILY.
PBJ & PIZZA SERVED DAILY.

			THURSDAY 4	FRIDAY 5
			 Chicken Strip w/ Rolls or Sloppy Joe French Fries Tomato & Cucumber Salad Fantastic Fruits  Choice of Milk	 Cheeseburger or Club Salad Lettuce & Tomato Baked Beans Baked Chips Fantastic Fruits  Choice of Milk
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Taco Soup w/ Scoops or Ham & Cheese Croissant Tossed Salad Mexican Churros Fantastic Fruits  Choice of Milk  Turkey Sandwich	 Smothered Chicken  Steak & Gravy  COLLARD GREENS Pinto Beans, Rice  Cornbread Fantastic Fruits  Choice of Milk	 BBQ Sandwich or  McRib Whole Kernel Corn Tossed Salad Fantastic Fruits Ice Dog Slushie  Choice of Milk Corndog	Zesty Orange Chicken or  Sweet & Sour Chicken  Honey Carrots Fried Rice, Rolls Fantastic Fruits Fortune Cookie  Choice of Milk  Meatball Sub	 Chick Filet or  Spicy Chick Filet  Celery Sticks & Ranch French Fries Fantastic Fruits  Choice of Milk
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
MARTIN LUTHER KING HOLIDAY	Chili w/ Fritos or  Grilled Chicken Sandwich Baked Potato, Salad Cookie Fantastic Fruits  Choice of Milk  Turkey Sandwich	 Chicken Strips or Munchable  Mac and Cheese Green Beans Yeast Rolls Fantastic Fruits  Choice of Milk	 Chicken Tacos or Beef Tacos Tossed Salad  Fiesta Beans Fantastic Fruits  Choice of Milk  BBQ Sandwich	Chicken & Cheese Quesadilla or Buffalo Chicken Pizza Seasoned Corn Spanish Rice Fantastic Fruits  Choice of Milk
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Spaghetti or  Popcorn Chicken Wrap Steamed Broccoli  Tossed Salad Rolls, Fantastic Fruits  Choice of Milk  Turkey Sub	 Chicken Nuggets or  Fried Chicken Salad Creamed Potatoes Black Eyed Peas Rolls Fantastic Fruits  Choice of Milk	French Bread Pizza or Buffalo Chicken Pizza Tossed Salad Whole Kernel Corn Fantastic Fruits  Choice of Milk Hotdog	 BBQ Chicken or  Steak Sandwich  Broccoli Salad Baked Beans Hushpuppies Fruit, Cookie  Choice of Milk Club Sandwich	Ham and Cheese Croissant or Chicken Salad Croissant Coleslaw Tater Tots Fantastic Fruits  Choice of Milk  Grilled Cheese
MONDAY 29	TUESDAY 30	WEDNESDAY 31		
Meatballs/ Cheesy Bread  Chicken Caesar Salad  Squash & Zucchini Tossed Salad Fantastic Fruits Whole Fruit Freeze  Choice of Milk Pizza Munchable	Cowboy Nachos or  Grilled Cheese Lettuce & Tomato  Fiesta Corn Salad Fantastic Fruits  Choice of Milk	Corndog or Philly Steak Sweet Puffs Coleslaw Fantastic Fruits  Choice of Milk  Turkey Sandwich	 = GEORGIA GROWN	



FARM to SCHOOL Harvest of the Month:

Garden Fresh Collard Greens from Mountain Earth Farms Clarkesville, GA

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