

# ECCHS BREAKFAST MENUS

🥕 FRESH FRUIT BASKET SERVED DAILY.

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







This institution is an equal opportunity provider.

# ECCHS

## NOVEMBER LUNCH MENUS

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

		<b>WEDNESDAY 1</b>	<b>THURSDAY 2</b>	<b>FRIDAY 3</b>
		 BBQ Sandwich or  McRib Whole Kernel Corn  Tossed Salad Fantastic Fruits Ice Dog Slushie  Choice of Milk Corndog	 Zesty Orange Chicken or  Sweet & Sour Stir Fry Veggies 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
<b>MONDAY 6</b>	<b>TUESDAY 7</b>	<b>WEDNESDAY 8</b>	<b>THURSDAY 9</b>	<b>FRIDAY 10</b>
 Hot Dog or  Buffalo Chicken Wrap Broccoli Salad Sweet Potato Waffle Fries Fantastic Fruits  Choice of Milk  Ham & Cheese	Pancakes & Sausage or  Chicken n' Waffles Hash Browns Baby Carrots Fantastic Fruits  Choice of Milk  Steak Biscuit	 Chicken Strips or Baked Ham  Mac and Cheese  Green Beans Rolls Fantastic Fruits  Choice of Milk	 Chicken or Beef Soft Shelled Tacos Tossed Salad  Garbanzo Salad Fantastic Fruits  Choice of Milk  BBQ Sandwich	 Chicken Alfredo  or Steak Sandwich  <b>SWEET POTATOES</b> Black Eyed Peas Rolls, Fantastic Fruits  Choice of Milk  Grilled Cheese
<b>MONDAY 13</b>	<b>TUESDAY 14</b>	<b>WEDNESDAY 15</b>	<b>THURSDAY 16</b>	<b>FRIDAY 17</b>
Spaghetti or  Fried Chicken Wrap Seasoned Corn  Tossed Salad Rolls Fantastic Fruits  Choice of Milk  Turkey Sub	 Chicken Nuggets or  Fried Chicken Salad Sweet Peas Cream Potatoes Rolls Fantastic Fruits  Choice of Milk	French Bread Pizza or Buffalo Chicken Pizza  Tossed Salad  Black Beans Fantastic Fruits  Choice of Milk  Hotdog	 Chick Filet or  Spicy Chick Filet  Lettuce & Tomato Tater Tots SideKick Freeze Fantastic Fruits  Choice of Milk	 BBQ or Lemon Pepper Chicken  Loaded Potatoes  Green Beans, Rolls Fantastic Fruits Cookie  Choice of Milk  Club Sandwich
<b>MONDAY 20</b>	<b>TUESDAY 21</b>	<b>WEDNESDAY 22</b>	<b>THURSDAY 23</b>	<b>FRIDAY 24</b>
THANKSGIVING HOLIDAYS	THANKSGIVING HOLIDAYS	THANKSGIVING HOLIDAYS	THANKSGIVING HOLIDAYS	THANKSGIVING HOLIDAYS
<b>MONDAY 27</b>	<b>TUESDAY 28</b>	<b>WEDNESDAY 29</b>	<b>THURSDAY 30</b>	
Meatballs with Cheesy Bread  Chicken Caesar Salad  Green Beans Tossed Salad Fantastic Fruits  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 Melt	 Chicken Strip Basket or  Sloppy Joe French Fries Tomato & Cucumber Salad Fantastic Fruits  Choice of Milk	 = <b>GEORGIA GROWN</b>

 **FARM to SCHOOL Harvest of the Month:**  
**Sweet Potatoes**

**Fresh from Mountain Earth Farms in Clarkesville, GA**  
This institution is an equal opportunity provider.