








# BPY January Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Split Pea Soup Mac N Cheese  Roasted Cauliflower Mushroom Salad Apples	3 Vegetable soup Chicken Nuggets for EC Chicken Poppers for K-8 Mushroom Egg Barley Green Peas Mixed Fruit 	4 Pizza  Caesar Salad Apples
7 French Onion Soup Shredded Mozzarella Fresh Croutons Plain Penne Warm Marinara Garlic Roasted Broccoli Watermelon	8 Hoagies Chicken Cutlets Israeli Salad Roasted Corn Apples	9 Zucchini Bisque Fish Sticks Baby Baked Potato Margarine Steamed Carrots Watermelon	10 Egg Drop Soup Chicken with Broccoli Brown Rice Sugar Snap Peas Mixed Melon	11 Pizza  Caesar Salad Apple Sauce
14 Cauliflower Bisque Baked Ziti Green Beans Tomato Salad Oranges	15 Hamburgers on a seedless bun  Steak Fries Sliced Tomatoes Shredded Lettuce Pickles Apples	16 Bagels Cream Cheese & Butter, Tuna Scrambled Eggs Steamed Broccoli and Cauliflower Oranges	17 NO SESSIONS	18 NO SESSIONS
21 NO SESSIONS	22 NO SESSIONS	23 NO SESSIONS	24 NO SESSIONS	25 NO SESSIONS
28 Pancakes Home Fries Yogurt Syrup Mixed Melon 	29 Meat Balls Basmati Rice Roasted Mushrooms Oranges	30 Cream of Asparagus Soup Cheese Lasagna Roasted Zucchini Parmesan Cheese Mixed Melon	31 Beef Tacos  Hard Tacos Spanish Rice Diced Tomato, Salsa, Shredded Lettuce, Spicy Sauce Oranges	

## Available Daily

### Bread Display

Assorted Seed Free Mini Bagels

Sliced whole wheat Bread

Sliced White Bread

Sliced Rye Bread

Cream Cheese, Butter, Sliced Cheese, and Jelly

Soy butter

### Salad Bar

May Include

### Greens

Romaine, Mesclun, Spinach, Arugula, Iceberg

### Vegetables

Cucumbers, Tomatoes, Shredded Carrots, Assorted Peppers, Edamame, Cherry Tomatoes, Celery, Mushrooms, Roasted Sweet Potato, Roasted Zucchini, Roasted Squash, Roasted Mushrooms, Green Peas, Red Cabbage, Red Onion, Baby corn, Chick Peas, Black Beans, kidney Beans, Diced Beets, water Chestnuts, Pickles, Olives, Hearts of Palm,

### Toppings

Croutons, Chinese Noodles, Terra Sticks, Quinoa, Craisins, Tuna, Hard Boiled Eggs, and Plain Pasta

### Dressings

Italian, Creamy Italian, Balsamic Vinaigrette, French, Russian, Caesar, Raspberry Vinaigrette, Olive Oil, Lemon Juice

### Whole Fruit

Apples, Oranges, Bananas, Peaches, and Plums

Fresh Fruit Cups

Assorted Yogurt

### ECC Daily Vegetable

Cucumbers, Tomatoes, Peppers, Baby Carrots, Baby Corn