

# UW ECEC MENU

## Monday October 14, 2013

<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>
Cereal	General Tsos Chicken	Rice Cake Faces
Bananas	Brown Rice w/ Green Onions	Water
Milk	Stir Fried Vegetables	
	Applesauce	
	Milk	

## Tuesday October 15, 2013

<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>
Bagels	Sloppy Joe Sandwich	Cottage Cheese
Cream Cheese	Tossed Green Salad	Pears
Apples	Cantaloupe	Water
Milk	Milk	

## Wednesday October 16, 2013

<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>
Toast w/jelly	Steak and Cheese on Ciabatta	Cheese Cubes
Melon	Waffle Fries	Triscuits
Milk	Peas and Mushrooms	Water
	Orange	
	Milk	

## Thursday October 17, 2013

<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>
Cereal	Meatloaf	Cinnamon Rolls
Fruit Bits	Mashed Potatoes w/ Beef Gravy	Milk
Milk	Buttered Parsley Carrots	
	Fruit Cocktail	
	Milk	

## Friday October 18, 2013

<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>
French Toast	Chicken Breast Alfredo Sauce	Cheese Quesadillas
Fruit Cup	Pasta	Juice
Milk	Fresh California Vegetables	
	Sliced Peaches	
	Milk	