



Excellence Christian School Breakfast & Lunch Menu

September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Theme Scripture for ECS Students</u> <i>"I can do all things through Christ who strengthens me."</i> - Philippians 4:13</p>		<p>1 Breakfast: Bagels, Bacon, Grits, Milk or Juice Lunch: Chef Salad, Crackers, Popsicles, Milk, Water or Juice (MJW) / Snack: Yogurt Cup</p>	<p>2 Breakfast: Pancakes, Sausage, Fruit, Milk or Juice Lunch: Hot Dogs & Beans Casserole, Corn, Roll, Yogurt, MJW / Snack: Potato Chips</p>	<p>3 Breakfast: Cold Cereal, Breakfast Bar, Fruit, Yogurt, Milk or Juice / Lunch: Rib Tip Sandwich, Greens, Potatoes, Fruit, MJW / Snack: Fruit Cup</p>
<p>6 SCHOOL CLOSED (LABOR DAY)</p>	<p>7 Breakfast: Cheesy Grits, Eggs, Muffin, Milk or Juice Lunch: Fish Sandwich, French Fries, Salad, Fruit, MJW Snack: Rice Krispy Treats</p>	<p>8 Breakfast: Oatmeal, Yogurt, Muffin, Milk or Juice Lunch: Cold Cut Wrap, Salad, Fruit, MJW Snack: Yogurt Cup</p>	<p>9 Breakfast: Boiled Egg, Bagel, Fruit, Milk or Juice Lunch: Chicken Nuggets, Peas, Potatoes, Push-Pop, MJW / Snack: Fruit Cup</p>	<p>10 Breakfast: Cold Cereal, Yogurt, Fruit, Milk or Juice Lunch: Beefaroni, Green Beans, Salad, Roll, Fruit, MJW Snack: Teddy Grahams</p>
<p>13 Breakfast: Cold Cereal, Cereal Bar, Yogurt, Fruit, Milk or Juice / Lunch: Turkey Burger, Potatoes, Fruit, MJW Snack: Potato Chips</p>	<p>14 Breakfast: Boiled Egg, Toast, Yogurt, Milk or Juice / Lunch: Shrimp Poppers, French Fries, Corn, Applesauce, MJW Snack: Fruit Cup</p>	<p>15 Breakfast: Breakfast Quiche, Hash Browns, Milk or Juice / Lunch: Grilled Cheese Sandwich, French Fries, Salad, Fruit, MJW Snack: Animal Crackers</p>	<p>16 Breakfast: French Toast Sticks, Turkey Sausage, Milk or Juice / Lunch: Chicken Tenders, Cabbage, Buttered Noodles, Brownie, MJW Snack: Fruit Cup</p>	<p>17 Breakfast: Hot Pocket, Fruit, Milk or Juice Lunch: Italian Meatballs, Salad, Roll, Fruit, MJW Snack: Rice Krispy Treats</p>
<p>20 Breakfast: Muffin, Sausage, Applesauce, Milk or Juice / Lunch: Bologna & Cheese Sandwich OR Fish Nuggets, Corn, Fruit, MJW Snack: Yogurt Cup</p>	<p>21 Breakfast: French Toast Sticks, Turkey Bacon, Milk or Juice / Lunch: Pizza, Peas, Salad, Jell-O, MJW Snack: Potato Chips</p>	<p>22 Breakfast: Cream of Wheat, Fruit, Yogurt, Milk or Juice / Lunch: Spaghetti, Salad, Garlic Toast, Fruit, MJW Snack: Teddy Grahams</p>	<p>23 Breakfast: Pizza Bagel, Yogurt, Fruit, Milk or Juice Lunch: Chicken Salad on Croissant, Broccoli, Applesauce, MJW Snack: Fruit Cup</p>	<p>24 Breakfast: Cold Cereal, Yogurt, Fruit, Milk or Juice Lunch: Cold Cut Wrap, Corn, Fruit, MJW Snack: Rice Krispy Treats</p>
<p>27 Breakfast: Cold Cereal, Breakfast Bar, Fruit, Milk or Juice / Lunch: Salisbury Steak, Rice/Gravy, Mixed Veggies, Fruit, MJW / Snack: Fruit Cup</p>	<p>28 Breakfast: Pancakes, Sausage, Milk or Juice Lunch: Lasagna, Garlic Bread, Salad, Roll, Milk or Juice Snack: Animal Crackers</p>	<p>29 Breakfast: Hot Cereal, Muffin, Yogurt, Fruit, Milk or Juice / Lunch: Hot Pocket, Peas, Salad, Apples, MJW Snack: Potato Chips</p>	<p>30 Breakfast: Ham, Boiled Egg, Bagel, Milk or Juice Lunch: Shrimp Salad, Crackers, Veggie Sticks, Push Pop, MJW / Snack: Fruit Cup</p>	