



## Edmeston Central School February 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>“Food For Thought”</b>            The ECS Food Service Department continually strives to improve the general wellness of our students. To attain that goal, it is very important for parents and children to communicate by discussing the menu options available. At ECS we offer many daily food choices. We request that parents view the menu and guide their children to the choices they feel are best. <i>Bon Appétit</i></p>				
		CHOBANI SAUSAGE PIZZA 1  TOMATO OR CHICKEN VEGGY SOUP TOASTED CHEESE SANDWICH <b>CUCUMBER SALAD</b> MIXED GREENS SALAD	BACON + CHEESE MUFFIN 2  CHEESE PIZZA OR THREE CHEESE WHITE PIZZA STEAMED SWEET CORN <b>GREEK SALAD</b> <i>CHICK PEA SALAD W/ ECS PEPPERS</i>	HAM + CHEESE BAGEL 3  <b>ECS STUFFED SHELLS W/ ECS FRESH TOMATO SAUCE</b> ROASTED ITALIAN BEANS CAESAR SALAD W/W GARLIC BREAD
C. CHIP/BLEUBERRY MUFFIN 6  CHICKEN NUGGETS <b>LOCAL GERMAN POTATO SALAD</b> ROASTED BROCCOLI WHEAT BREAD MIXED GREEN SALAD	SAUSAGE + CHEESE MUFFIN 7  HAMBURGER OR CHEESEBURGER W/ W BUN OVEN BROWNEED POTATOES <b>ROASTED BUTTERNUT SQUASH</b> MIXED GREEN SALAD	BACON + CHEESE MUFFIN 8  BAKED CHICKEN OR BBQ PORK ON A BUN <b>LOCAL BAKED POTATO</b> PEAS AND CARROTS CAESAR SALAD CHOCOLATE CHIP COOKIE	HAM + CHEESE BAGEL 9  CHEESE PIZZA OR HOT WING PIZZA STEAMED SWEET CORN GREEK SALAD  <b>ECS-BLACK BEAN SALSA</b>	SAUSAGE + CHEESE MUFFIN 10  <b>BRUNCH FOR LUNCH</b> BAGEL OR WAFFLES SAUSAGE PATTY EGG AND CHEESE OMELET TATER TOTS FRUIT OR JUICE
PANCAKES WITH SAUSAGE 13  BAKED LASAGNA W/ BEEF OR SAUSAGE AND CHEESE ROLL W/ MARINARA SAUCE ROASTED GREEN BEANS CAESAR SALAD	EGG + CHEESE MUFFIN 14  ECS MEATBALLS W/ PENNE MULTIGRAIN PASTA AND SAUCE ROASTED CARROTS GREEK SALAD W/W GARLIC BREAD	HAM+CHEESE BAGEL 15  ROAST TURKEY AND GRAVY LOCAL FRESH MASHED POTATOES ECS W/W DINNER ROLLS SWEET CORN GREEK SALAD <b>ECS BERRY + RHUBARB CRISP</b>	SAUSAGE + CHEESE MUFFIN 16  POPCORN CHICKEN BOWL MASHED POTATO + GRAVY + CORN ROASTED BROCCOLI MIXED GREENS SALAD ECS W/W BISCUITS	BACON + CHEESE MUFFIN 17  <b>BRUNCH FOR LUNCH</b> BAGEL OR WAFFLES SAUSAGE PATTY EGG AND CHEESE OMELET TATER TOTS FRUIT OR JUICE
<b>20</b>	<b>21</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>PRESIDENTS’ DAY!</b> <b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>
C. CHIP/BLEUBERRY MUFFIN 27  CHICKEN PATTY + W/W BUN MULTIGRAIN SPIRALS ROASTED ITALIAN BEANS MIXED GREENS SALAD	HAM + CHEESE BAGEL 28  BEEF OR CHICKEN HARD TACOS SHREDDED LETTUCE + CHEESE SALSA/ BROWN RICE <b>ECS CORN BREAD</b> <b>ECS BLACK BEAN SALSA</b>	<b>Save The Date:</b> The 2017 ECS Food and Health Expo and Generations Day is scheduled for Friday May 19, 2017. Again, we will be looking for support from our faculty and staff as well as others from the community. If you have ideas or suggestions, please contact me at <a href="mailto:bbelknap@edmeston.net">bbelknap@edmeston.net</a> Thank you , Brian Belknap		

