



# FLUSHING ECC LUNCH MENU

**FREE TO ALL STUDENTS**

**JANUARY-MARCH**

**SECOND LUNCH \$2.75 COLD LUNCH /ADDITIONAL STUDENT MILK \$.60**

**ADULT MILK \$.70 ADULT \$5.25**

**SONIA SHORTZ, CNS 810- 591- 2791**

WEEK OF	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-1 1-29 2-26 3-25	MINI PANCAKE SAUSAGE HASH BROWNS APPLESAUCE  MILK CHOICE 1% OR FF	PIZZA SLICE ROMAINE SIDE SALAD W / CHERRY TOMATOES PEACHES  MILK CHOICE 1% OR FF	CHICKEN TENDERS MUFFIN BABY CARROTS FRESH GRAPES  MILK CHOICE 1% OR FF	HAM & CHEESE SANDWICH SUN CHIPS FRESH CARROT & BROCCOLI APPLE SLICES  MILK CHOICE 1% OR FF	WALKING TACOS CUCUMBERS & RED PEPPERS MANDARIN ORANGES  MILK CHOICE 1% OR FF
1-8 2-5 3-4	HAMBURGER BAKED BEANS PEACHES  MILK CHOICE 1% OR FF	BOSCO STICKS W /SAUCE ROMAINE SIDE SALAD W / CHERRY TOMATOES PINEAPPLE  MILK CHOICE 1% OR FF	CHICKEN NUGGETS MASHED POTATOES & GRAVY CORN DINNER ROLL ORANGE WEDGES  MILK CHOICE 1% OR FF	FRENCH TOAST STICK SAUSAGE HASH BROWN PATTY PINEAPPLE  MILK CHOICE 1% OR FF	HOT DOG BAKED CHIPS BROCCOLI & CAULIFLOWER MANDARIN ORANGES  MILK CHOICE 1% OR FF
1-15 2-12 3-11	EMOJI WAFFLES SAUSAGE DRAGON FRUIT PUNCH ORANGE SMILES  MILK CHOICE 1% OR FF	FRENCH BREAD PIZZA ROMAINE SIDE SALAD W / CHERRY TOMATOES PINEAPPLE  MILK CHOICE 1% OR FF	CHICKEN TENDERS BAKED BEANS FRESH BROCCOLI SHORTBREAD CRACKES BANANA  MILK CHOICE 1% OR FF	MAC & CHEESE STEAMED PEAS DINNER ROLL PEACHES • FRUIT SNACK  MILK CHOICE 1% OR FF	TURKEY LUNCHABLE • TURKEY CIRCLE • CUBED CHEESE • CHEEZ-IT CARROT STICKS APPLESLICES  MILK CHOICE 1% OR FF
1-22 2-19 3-18	RAVIOLI DINNER ROLL STEAMED BROCCOLI PEACHES  MILK CHOICE 1% OR FF	INDIVIDUALLY MINI PIZZA ROMAINE SIDE SALAD W / CHERRY TOMATOES PINEAPPLE  MILK CHOICE 1% OR FF	CHICKEN NUGGETS SMILE FRIES MUFFIN STEAMED CARROTS BANANA  MILK CHOICE 1% OR FF	MINI CORN DOGS GREEN BEANS APPLE SLICES  MILK CHOICE 1% OR FF	BEEF NACHOS REFIRED BEAN & CHEESE CORN MANDARIN ORANGES  MILK CHOICE 1% OR FF

## OFFERED DAILY

JAMMER, CHEESE STICK & SUN CHIPS, FRUIT, VEGETABLE AND MILK CHOICE 1% WHITE OR FF CHOCOLATE.

YOGURT CUP, CHEESE STICK & PRETZEL FRUIT, VEGETABLE AND MILK 1 % WHITE **OR** FF CHOCOLATE.

**SELECT 3 OF 5 COMPONENTS ONE MUST BE *FRUIT* OR *VEGGIE*.**

FRESH FRUIT AND VEGETABLES OFFERED DAILY