Breakfast and PM Snack at The CCC

Monday		Tuesday		Wednesday		Thursday		Friday	
MEAL TI	:15am & 3pm						Toast	1	
MIN. SERVING SIZES	MINIMUM SERVING SIZES:						Fresh Fruit		
-Milk or Fruit Juice 1/2 cup		- Cheese 1 oz						Milk	
-Veggies or Fruits 1/4 cup		- Eggs 1 egg							
- Grain 1/2 oz. equiv.		- Beans or Peas 1/4 cup						Fruit S	Salad
- Pasta or Noodles 1/4 cu	up	- Yogurt 1/4 cup							Milk
Bagels w/Cream Cheese	4	Yogurt/Cheerios	5	Biscuits	6	French Toast	7	Scrambled Eggs	8
Fresh Fruit		Fresh Fruit		Fresh Fruit		Fresh Fruit		Fresh Fruit	
Milk		Milk		Milk		Milk		Milk	
Rice and Beans		Banana Muffins		Fruit Salad		Mixed Veggies		Cheese and Crackers	
	Milk		Milk	, ,	Milk		Milk		Milk
Cinnamon Rolls		Toast		Breakfast Burritos		Yogurt w/Cheerios		Pancakes	15
Fresh Fruit		Fresh Fruit		Fresh Fruit		Fresh Fruit		Fresh Fruit	
Milk		Milk		Milk		Milk		Milk	
Mini Pizzas		Lentil	Soup	Oven Po	otatoes	M	uffins	Quesa	dillas
	Milk		Milk		Milk		Milk	4.000	Milk
		Toast		Scrambled Eggs		Biscuits	21		22
		Fresh Fruit		Fresh Fruit	_	Fresh Fruit			
CCC Closed		Milk		Milk		Milk		CCC Closed	
Presidents Day				••••				ECSTEM Conference	
•		Mixed Veggies		Pasta w/Cheese		Rice and	Beans		
			Milk		Milk		Milk		
Breakfast Burritos	25	French Toast	26	Cinnamon Rolls	27	Bagel w/Cream Cheese	28		
Fresh Fruit		Fresh Fruit		Fresh Fruit		Fresh Fruit		children's	4
Milk		Milk		Milk		Milk		_	
								center	
Applesauce & F	Raisins	Corn Cobb	ettes	Grilled	Cheese	Lentil	Soup	cåltech 🖣	
	Milk		Milk		Milk		Milk		

Menu is subject to change without notice