FLUSHING COMMUNITY SCHOOLS
ECC MENU
School breakfast and lunch are FREE for all students!

JUMP START YOUR DAY WITH BREAKFAST!
Breakfast is served daily in the cafeteria from 8:30-9:15.

STUDENT/ADDITIONAL MILK $.60 **SECOND BREAKFAST $1.75** **ADULT MILK $.70** **ADULT BREAKFAST $3.25**

	Monday	Tuesday	Wednesday	Thursday	Friday
W	OATMEAL ROUND & CHEESE STICK	FROOT LOOP WAFFLE	BREAKFAST PIZZA	YOGURT & GOLDFISH GRAHAM	DONUTS
E	CEREAL & CHEESE STICK	BANANA BREAD	MINI-CINNIS	BREAKFAST BAR	CEREAL & CHEESE STICK
E	FRUIT CHOICE	CEREAL & GOLDFISH GRAHAM	CREAL & CHEESE STICK	CEREAL & GOLDFISH GRAHAM	FRUIT CHOICE
K	MILK CHOICE 1% OR FF	FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE	MILK CHOICE 1% OR FF
L		MILK CHOICE 1% OR FF	MILK CHOICE 1% OR FF	MILK CHOICE 1% OR FF	
Y					

Cereal kits will be served on half days.

STUDENT/ADDITIONAL MILK $.60 **SECOND LUNCH $3.00** **ADULT MILK $.70** **ADULT LUNCH $5.50**

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
	MAC & CHEESE	PIZZA SLICE	CHICKEN TENDERS	HAMBURGER ON BUN	CHEESE QUESADILLA
5-Jan	BLUEBERRY MUFFIN	ROMAINE SIDE SALAD	CORNBREAD	BAKED BEANS	BEAN & CHEESE
2-Feb	PEAS	CHERRY TOMATOES	FRIES	COLE SLAW	PEACHES
2-Mar	MIX FRUIT	APPLESAUCE	GREEN BEANS	CARROT STICKS	MILK CHOICE 1% OR FF
6-Apr	MILK CHOICE 1% OR FF	MILK CHOICE 1% OR FF	MANDARIN ORANGES	PINEAPPLE	
4-May			MILK CHOICE 1% OR FF	MILK CHOICE 1% OR FF	
	Monday	Tuesday	Wednesday	Thursday	Friday
	MINI PANCAKE	PIZZA STICKS	CHICKEN NUGGETS	CORN DOG	BEEF NACHOS
12-Jan	SAUSAGE PATTY	ROMAINE SIDE SALAD	DINNER ROLL	BAKED DORITOS	BEAN & CHEESE
9-Feb	WANGO MANGO JUICE	CHERRY TOMATOES	MASHED POTATOES W/GRAVY	BAKED BEANS	MIX FRUIT
9-Mar	APPLESAUCE	MANDARIN ORANGES	CORN	PEACHES	FRUIT SNACK
13-Apr	MILK CHOICE 1% OR FF	MILK CHOICE 1% OR FF	APPLE SLICES	MILK CHOICE 1% OR FF	MILK CHOICE 1% OR FF
11-May			MILK CHOICE 1% OR FF		
	Monday	Tuesday	Wednesday	Thursday	Friday
	PASTA & ALFREDO SAUCE	PIZZA SLICE	CHICKEN PATTY ON BUN	HOT DOG	SOFT BEEF TACOS
19-Jan	BREADSTICK	ROMAINE SIDE SALAD	SWEET POTATO WAFFLE FRIES	BAKED BEANS	BEAN & CHEESE
16-Feb	STEAMED BROCCOLI	CHERRY TOMATOES	APPLESAUCE	POTATO SALAD	CARROT STICKS
16-Mar	MANDARIN ORANGES	PINEAPPLE	MILK CHOICE 1% OR FF	FROZEN STRAWBERRY CUP	PEACHES
20-Apr	MILK CHOICE 1% OR FF	MILK CHOICE 1% OR FF		MILK CHOICE 1% OR FF	MILK CHOICE 1% OR FF
18-May					
	Monday	Tuesday	Wednesday	Thursday	Friday
	TURKEY & CHEESE SUB	MINI PIZZA	CHICKEN FRIES	GRILLED CHEESE	BOSCO STICKS
26-Jan	SUN CHIPS	ROMAINE SIDE SALAD	APPLE MUFFIN	CARROT STICKS	BROCCOLI & CHEESE
23-Feb	CUCUMBERS	CHERRY TOMATOES	FRIES	APPLE SLICES	MANDARIN ORANGES
23-Mar	PINEAPPLE	PEACHES	GREEN BEANS	MILK CHOICE 1% OR FF	MILK CHOICE 1% OR FF
27-Apr	MILK CHOICE 1% OR FF	MILK CHOICE 1% OR FF	APPLESAUCE		
25-May			MILK CHOICE 1% OR FF		

CARROT STICKS

NEWS

SECOND DAILY ENTRÉE CHOICE

PBJ, CHEESE STICK AND CHEEZ-IT

MUST PICK 3 OF 4 FOR BREAKFAST
MUST PICK 3 OF 5 FOR LUNCH
Must have 1/2 C. of fruit or a vegetable or a combination of both with every meal.
Fruit and vegetable bar is served daily.

EDUCATIONAL BENEFIT FORM AND DEPOSITS CAN BE PROCESSED AT :
https://flushing.familyportal.cloud

Menu subject to change based on availability.
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.