

NISL ECC MENU for September 2018

September 4-7

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast		Frozen Waffles, Fresh Apple Slices, Milk	Whole wheat Pancakes/Syrup, fresh oranges, milk	Hot oatmeal, Bananas, milk	Whole grain cereal (Honey Nut Cheerios), fresh oranges, milk
Lunch	Labor Day	Rice/ Beef Fresh Salad(one Cup), Sweet Bell peppers(½ Cup), Watermelon, Milk	Pasta/Fish 2 dinner rolls, Baby carrots(½ cup), Green Beans, Grapes(½ Cup), milk	WW chicken Wraps, Canned corn(½ Cup), Canned peaches (½ cup), Lettuce and Tomatoes(¼ cup), milk	Falafel Sandwiches, Frozen Mix Vegetables, Fresh Salad, Apple(½ Cup) Slices, 1 oz Cheese Stick, milk
Snack		Bread with Cream Cheese, Orange Juice	Greek yogurt and fruit smoothie, WG Crackers	Biscuit w/jelly sandwiches, Water	Animal Crackers, Watermelon, Water

September 10-14

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Whole Grain Cereal (Honey Bunches of Oats) fresh apples, milk	Scrambled Eggs, Whole wheat toast, Fresh oranges, milk	Hot cinnamon Oatmeal, Bananas, milk	Yogurt parfait with granola and berries, milk	Whole grain cereal (Honey Nut Cheerios), fresh oranges, milk
Lunch	Chicken And Rice, ½ cup Beans, watermelon, chopped Lettuce and tomato salad, Baby Steamed Carrots milk	Lentil Soup w/2 Dinner rolls, Romaine Salad(1 cup), Fresh Apple Slices, Frozen Mix Veggies (½ cup), milk	Beef Stew with potatoes, WW Bread (2 slices), Canned Pineapple, Canned Green Beans(½ cup), milk	Roasted Tilapia Fillets, WW Bread 2 slices, Coleslaw (½ cup), Canned Corn, ½ cup canned fruit cocktail, milk	Beef Spaghetti, Fresh Vegetable Medley (½ cup), Fresh Orange Slices, fresh salad(1 cup), milk
Snack	Homemade WW Cheese toast White Grape Juice	Graham crackers Canned pineapple chunks, water	Vanilla Wafers /Chocolate pudding, Orange juice	WG English Muffin Pizza, apple juice	Cheese Sticks Fresh Apple Slices water

September 17-21

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Whole grain Hot Oatmeal Cereal, fresh Apple Slices, milk	Bagels with Cream Cheese, Orange juice(one Cup) milk	Croissants/Straw berry Jam, Fresh Orange Slices, milk	Frozen Pancakes Pancakes,Fresh Grapes, milk	Whole grain cereal (Honey Nut Cheerios), fresh oranges, milk
Lunch	Chicken and Rice with frozen Vegetables, Fresh Apple Slices, Mixed Vegetables ½ cup, cucumber Slices ½ cup, WG Dinner Roll Milk	Homemade pizza, Fresh Apple Slices, Fresh Roasted Broccoli, Red Pepper Slices, Milk	Pasta /chicken 2 slices of WW bread, watermelon Fresh Green Beans ½ cup, Fresh Carrots ½ cup, milk	WG Beef quesadillas, Fresh Grapes, Fresh Green, Beans ½ cup, Refried Beans ½ cup, milk	Mac And Cheese, 2 wg bread slices, Fresh Pears, Fresh Broccoli, Canned Potatoes, milk
Snack	WW Egg Sandwiches grape juice	Animal Crackers Apple Juice	Chex mix cantaloupe Slices	Cheese Quesadillas Water	Graham Crackers /Vanilla yogurt, water

September 24-28

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Whole grain cereal (Honey bunches of oats), fresh apples, milk	Frozen French Toast Sticks bananas Milk	Croissants with strawberry jam, fresh oranges, milk	Yogurt parfait /Granola And Berries milk	WG Cheerios Fresh Grapes 1 cup, Milk
Lunch	Pasta /chicken, 2 dinner rolls, Canned pineapple, Fresh Green Beans ½ cup, Fresh Carrots ½ cup, milk	Beef Spaghetti Fresh Mixed Vegetables Fresh Orange Slices Fresh Salad Milk	Chicken Noodle Soup 2 dinner rolls, Romaine Salad 1 cup, Fresh Apple Slices, Frozen Mix Veggies ½ cup, milk	Roasted Tilapia Fillets, WW Bread 2 slices, Coleslaw ½ cup, Canned Corn ½ cup, Fresh Pears, milk	WW chicken Wraps, Canned corn (½ Cup), Canned Peaches (½ cup), Lettuce and Tomatoes(¼ cup), milk
Snack	Peanut butter and jelly sandwiches, water	Chocolate chip Muffins, Fresh Grapes, Milk	Pretzels, cheese sticks, apple juice	Egg Sandwiches, Apple Juice	Animal Crackers, Cantaloupe, Water

