

NISL ECC MENU June 2017

June 1-2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast				French toast sticks Fresh oranges Milk	Cinnamon squares Fresh Pears Milk
LUNCH				Papa john pizza Fresh steamed green beans Watermelon Milk	Pasta/chicken Fresh broccoli Grapes Milk
SNACK				Vanilla Wafers w/ pudding Cherry Juice	Kellogg's Fruit Bars Peach And mango juice

June 5-9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal Banana milk	English muffins pears Milk	Croissants w/ Nutella Fresh apple slices	Waffles Fresh oranges Milk	Cinnamon toast crunch Fresh Bananas Milk
LUNCH	Mac And Cheese Fruit Cocktail Mix vegetables Milk	Chicken and cheese quesadillas Fresh roasted broccoli Fresh Apple slices Milk	Rice and chicken Fresh salad Fresh pears Milk	Spaghetti /Beef Sauce Green Beans Bananas Milk	Pizza Broccoli Bananas Milk
Snacks	Chex- Mix Grape juice	Carrot sticks w/ ranch dip Apple juice	Peanut butter crackers Grape juice	Fruit and yogurt smoothie	Animal crackers Apple Juice

June 12-16

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cheerios Tangerines Milk	English Muffins Fresh pears Milk	Frozen Waffles Bananas Milk	Bagels w/cream cheese Apples Milk	Cereal-Honey Nut Cheerios Oranges Milk
Lunch	Macaroni and cheese Cantaloupe Mix Veggies Milk	Rice And beef Fresh salad Canned Peaches Milk	Spaghetti Mixed vegetables Pears Milk	Chicken Sandwiches Canned potatoes Grapes Milk	Cheese/chicken pizza Fresh green beans Fruit cocktail Milk
Snack	Fruit Greek yogurt Smoothie	Peanut Butter Crackers Apple juice	Cheese sticks and crackers Mango Juice	Chex Mix Apple juice	Kellogg bars Grape juice

June 19-23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal Fresh Apples Milk	Frozen Waffles Bananas Milk	Fresh crossiants Straw berry jam Milk	French Toast Sticks Fresh Bananas Milk	Cereal Apple slices Milk •
LUNCH	Pasta with Beef Clementine Green beans Milk	Fish Fry French Fries Water Melon Milk	Beef tacos , Fresh roasted Green Beans Fresh apple slices Milk	Rice and Beef Fresh Salad Canned peaches Milk	Pizza fresh roasted broccoli apple slices milk
SNACK	Graham Crackers Orange Juice	Fruit and Greek yogurt smoothies	Cheese Crackers Grape Juice	Animal Crackers Apple Juice	Chex Mix Apple Juice

June 26-30

	MONDAY	TUESDAY	WEDNESDAY	
BREAKFAST	Cereal Apple slices Milk	Fresh Crossiants Nutella bananas	Mini Chocolate chip Muffins Fresh orange slices	French toast sticks Fresh orange slices Milk
LUNCH	Baked Tilapia Fillets Rice/peas Salad Grapes Milk	Beef Spaghetti Canned Corn Honey dew Melon milk	Falafel Sandwiches Tomatoes and Lettice Fresh Apple Slices Milk	Cheese Quesadillas Fresh Apple Slices Canned Potatoes Milk
SNACK	Mango and Greek yogurt smoothie Crackers	Peanut with pretzels Milk	Cream cheese crackers Grape juice	Vege Chips Apple Juice