# NISL ECC MENU June 2017

July 3 - 7

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| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Breakfast | Cereal  Milk | No School | Apple slices  Cereal  Milk | Frozen waffles  Fresh oranges  Milk | Honey nut Cheerios  Fresh Pears  Milk |
| LUNCH | Papa John’  Pizza  Watermelon  Milk | 4th of July | Mac  n’ cheese corn  Fruit cocktail  Milk | Beef Pilaf  Salad  Canned peaches  Milk | Lentil soup with bread  Fresh broccoli  Grapes  Milk |
| SNACK | Smoothie  Crackers | Independence  Day |  | Vanilla Wafers w/ pudding  Orange juice | Kellogg’s Fruit Bars  Apple juice |

July 10 - 14

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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| BREAKFAST | Cereal  Banana  milk | Fresh breakfast pastries  pears  Milk | Croissants w/ jam  Fresh apple  slices | Frozen Waffles  Fresh oranges  Milk | Organic chocolate cereal  Fresh Bananas  Milk |
| LUNCH | Mac n’ 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 | Tuna sandwiches😁healthy  Broccoli  Watermelon  Milk |
| Snacks | Chex- Mix  Grape juice | Mini muffins  Apple juice | Peanut butter crackers  Grape juice | Creamcheese cracker  Orange juice | Animal crackers  Apple Juice |

July 10 - 14

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|  |  | 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 | Alfredo pasta with broccoli  Cantaloupe  Mix Veggies  Milk | Rice And beef  Fresh salad  Canned Peaches  Milk | Spaghetti  Mixed vegetables  Pears  Milk | Chicken Sandwiches  Canned potatoes  Grapes  Milk | Fresh homemade 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 |

July 17 - 21

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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
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| BREAKFAST | Cereal  Fresh Apples  Milk | Frozen Waffles  Bananas  Milk | Fresh crossiants  Straw berry jam  Milk | French Toast Sticks  Fresh Bananas  Milk | Honey nut Cheerios  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 | Homemade pizza  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 |

July 24 - 28

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|  | MONDAY | TUESDAY | WEDNESDAY |  |
| BREAKFAST | Cereal  Apple slices  Milk | Fresh Crossiants  Strawberry jam  bananas | Mini Chocolate chip Muffins Fresh orange slices | French toast sticks  Fresh orange slices  Milk |
| LUNCH | Pasta with fish  Salad  Grapes  Milk | Beef Spaghetti  Canned Corn  Honey dew Melon  milk | Rice and chicken  Salad  Watermelon  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 |