# NISL ECC MENU June 2017

July 3 - 7

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| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Breakfast | CerealMilk | No School | Apple slices CerealMilk | Frozen waffles Fresh orangesMilk | Honey nut Cheerios Fresh PearsMilk |
| LUNCH | Papa John’ PizzaWatermelon Milk | 4th of July | Mac n’ cheese cornFruit cocktail Milk |  Beef PilafSaladCanned peaches Milk | Lentil soup with breadFresh broccoliGrapesMilk |
| SNACK | SmoothieCrackers | Independence Day |  | Vanilla Wafers w/ puddingOrange juice | Kellogg’s Fruit BarsApple juice  |

July 10 - 14

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| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| BREAKFAST | CerealBananamilk | Fresh breakfast pastries pearsMilk | Croissants w/ jamFresh appleslices |  Frozen WafflesFresh orangesMilk | Organic chocolate cereal Fresh BananasMilk |
| LUNCH | Mac n’ CheeseFruit CocktailMix vegetablesMilk | Chicken and cheese quesadillasFresh roasted broccoliFresh Apple slicesMilk | Rice and chickenFresh saladFresh pearsMilk | Spaghetti /Beef SauceGreen BeansBananasMilk | Tuna sandwiches😁healthy BroccoliWatermelonMilk |
| Snacks | Chex- MixGrape juice | Mini muffins Apple juice | Peanut butter crackersGrape juice | Creamcheese cracker Orange juice | Animal crackersApple Juice |

July 10 - 14

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| --- | --- | --- | --- | --- | --- | --- |
|  |  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | Breakfast | CheeriosTangerinesMilk | English MuffinsFresh pearsMilk | Frozen WafflesBananasMilk | Bagels w/cream cheeseApplesMilk | Cereal-Honey Nut CheeriosOrangesMilk |
|  | Lunch | Alfredo pasta with broccoliCantaloupeMix VeggiesMilk | Rice And beef Fresh saladCanned PeachesMilk | SpaghettiMixed vegetablesPearsMilk | Chicken SandwichesCanned potatoesGrapesMilk | Fresh homemade pizzaFresh green beansFruit cocktailMilk |
|  | Snack | FruitGreek yogurt Smoothie | Peanut Butter CrackersApple juice | Cheese sticks and crackersMango Juice | Chex MixApple juice | Kellogg barsGrape juice |

July 17 - 21

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| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  |  |  |  |  |  |
| BREAKFAST | CerealFresh ApplesMilk | Frozen WafflesBananasMilk | Fresh crossiantsStraw berry jamMilk | French Toast SticksFresh BananasMilk  | Honey nut Cheerios Apple slices Milk |
| LUNCH | Pasta with Beef ClementineGreen beansMilk | Fish FryFrench FriesWater MelonMilk | Beef tacos ,Fresh roasted Green BeansFresh apple slicesMilk | Rice and BeefFresh SaladCanned peachesMilk | Homemade pizza BroccoliApple slices milk |
| SNACK | Graham CrackersOrange Juice | Fruit and Greek yogurt smoothies | Cheese CrackersGrape Juice | Animal CrackersApple Juice | Chex MixApple Juice |

July 24 - 28

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| --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY |  |
| BREAKFAST | CerealApple slicesMilk | Fresh CrossiantsStrawberry jambananas | Mini Chocolate chip Muffins Fresh orange slices | French toast sticksFresh orange slicesMilk |
| LUNCH | Pasta with fishSaladGrapesMilk | Beef SpaghettiCanned CornHoney dew Melonmilk | Rice and chicken SaladWatermelon Milk | Cheese QuesadillasFresh Apple SlicesCanned PotatoesMilk |
| SNACK | Mango and Greek yogurt smoothieCrackers | Peanut with pretzelsMilk | Cream cheese crackersGrape juice | Vege Chips Apple Juice |