

NISL ECC MENU for APRIL 2018

APRIL 2-6

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Honey Bunches Of Oats Cereal Fresh orange Slices, milk	Frozen Waffles Fresh Apple Slices Milk	Homemade WW pancakes, syrup, fresh oranges, milk	Hot Oatmeal Cereal Bananas, milk	Whole grain cereal (Honey Nut Cheerios), fresh oranges, milk
Lunch	Rice w/ Beef Fresh Salad Fresh Apple Slices Milk	Lentil soup, White Rice Fresh salad, Orange Slices Milk	Baked Chicken Mashed Potatoes w bread, Canned Peaches, milk	Beef spaghetti, Steamed Broccoli, fresh mandarin slices, milk	Homemade pizza, fresh green beans, fresh apples, milk
Snack	Vanilla Wafers, grape juice	Honey Graham Sticks, apple juice	Bread with cheese, oranges, juice	Fruit and crackers water	Vanilla Wafers, grape juice

APRIL 9-13

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Hot cinnamon oatmeal, fresh mandarins, milk	Scrambled Eggs/bread bananas, milk	Yogurt parfait with granola and berries, milk	Homemade WW pancakes, syrup, fresh oranges, milk	Whole grain cereal (Cheerios), fresh apples, milk
Lunch	Chicken And Cheese Quesadillas, canned peaches, chopped Lettuce and tomatoes, milk	Chicken pilaf, fresh salad, fruit Cocktail, milk	Pasta with fish steamed carrots, grapes, milk	Lentil Soup with Rice, Fresh Steamed Broccoli, apples milk	Beef Tacos, Lettuce and tomatoes, canned peaches, milk
Snack	Whole grain Chex Mix, orange juice	Whole wheat bread with cream cheese, water	Pretzels with peanut butter, apple juice	Veggie dip with pita chips, water	Tuna salad with crackers, water

APRIL 16-20

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Hot Cinnamon oatmeal, fresh apple slices, milk	Bagels with cream cheese, bananas, milk	Croissants with strawberry jam, fresh oranges, milk	Homemade Pancakes /Syrup, Fresh Orange slices oranges, milk	Whole grain cereal (Honey Nut Cheerios), fresh oranges, milk
Lunch	Rice/Vegetable Casserole Fresh Apple Slices, Mixed Vegetables cucumber Slices WG Dinner Roll Milk	Baked Chicken Mashed Potatoes Bananas WG Toast Milk	Beef Tacos Canned pineapple Fresh Green Beans Fresh Carrots, milk	Beef Stew WW Bread Slice Fresh Grapes Fresh Green Beans milk	Spaghetti w/Meat Sauce Bread Stick Fresh Pears Fresh Broccoli Canned Potatoes, milk
Snack	Egg Sandwiches Orange Juice	WW Mini Bagel Pizzas Apple Juice	Animal Crackers, apple juice	WW PB And J Sandwiches, water	Graham crackers, grape juice

APRIL 23-27

	<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	Beef Spaghetti and frozen mixed vegetables, Bananas, milk	bean soup w beef Bread, Fresh broccoli , canned peaches milk	Baked chicken, mashed potatoes, fresh grapes, milk	Beef pilaf, fresh salad, fresh Fresh Apple Slices, milk	Homemade pizza, fresh green beans, fresh orange , milk
Snack	Cheese bread, fresh pineapples, water	Graham Crackers fresh pineapples, water	Vanilla wafers, orange juice	PB And Jelly Sandwiches, apple juice	Cheese sticks, Whole Wheat Crackers