

NISL ECC MENU for February 2018

February 1-2

| | <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> |
|-----------|---------------|----------------|------------------|--|--|
| Breakfast | | | | Yogurt parfait with granola and fresh berries, milk | Whole grain cereal (Honey Nut Cheerios), fresh oranges, milk |
| Lunch | | | | Pasta with beef and frozen mixed vegetables, canned corn, milk | Beef tacos, chopped lettuce and tomatoes, fresh apples, milk |
| Snack | | | | Graham crackers, apple juice | Chex Mix, grape juice |

February 5-9

| | <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> |
|-----------|--|--|--|--|---|
| Breakfast | Hot cinnamon oatmeal, fresh mandarins, milk | French toast sticks, bananas, milk | Yogurt parfait with granola and berries, milk | Homemade WW pancakes, syrup, fresh oranges, milk | Whole grain cereal (Cheerios), fresh apples, milk |
| Lunch | Falafel sandwiches, canned peaches, chopped Lettuce and tomatoes, milk | Lamb pilaf, fresh salad, fresh pears, milk | Beef spaghetti, canned fruit cocktail, canned corn, milk | Chicken corn soup with bread, Fresh Steamed Broccoli canned pineapples, milk | Beef and bean tacos, lettuce and tomatoes, canned peaches, milk |
| Snack | Whole grain Chex Mix, mini carrots, orange juice | Whole wheat bread with cream cheese, water | Pretzels with peanut butter, water | Veggie dip with pita chips, water | Tuna salad with crackers, water |

February 12-16

| | <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> |
|-----------|--|---|---|--|--|
| Breakfast | Hot cinnamon oatmeal, bananas, milk | Bagels with cream cheese, bananas, milk | Croissants with strawberry jam, fresh oranges, milk | French toast sticks, oranges, milk | Whole grain cereal (Honey Nut Cheerios), fresh oranges, milk |
| Lunch | Falafel sandwiches with chopped lettuce and tomatoes, canned pineapple, milk | Chicken pilaf, fresh chopped salad, fresh pears, milk | WW Pasta with fish, fresh chopped salad, fresh apples, milk | Chickpea curry, bread canned peaches, fresh steamed green beans, milk | Homemade cheese pizza, fresh broccoli, bananas, milk |
| Snack | Boiled eggs, Toast, Orange Juice | Whole grain Chex Mix, grape juice | Pretzels, cheese sticks, apple juice | Whole wheat bread with cream cheese, water | Graham crackers, grape juice |

February 19-23

| | <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 | Boiled 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, fresh grapes, milk | Rice with fish, chopped salad, Canned peaches, milk | Baked chicken, mashed potatoes, canned Pineapple, milk | Chicken pilaf, fresh salad, fresh Fresh Apple Slices, milk | Chicken noodle soup, mixed vegetables, toast, fresh pears, milk |
| Snack | Graham crackers, grape juice | Cheese bread, fresh pineapples, water | Vanilla wafers, orange juice | PB And Jelly sandwiches, apple juice | Cheese sticks, Whole Wheat Crackers |

February 26-28

| | <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> |
|-----------|--|--|--|
| Breakfast | Whole grain cereal (Honey Bunches of Oats), fresh apples, milk | French toast sticks, oranges, milk | Whole wheat toast with cream cheese, fresh apples, milk |
| Lunch | Rice with fish, chopped salad, grapes, milk | Whole wheat chicken wraps, steamed carrots, fresh apples, milk | Chicken soup with white rice, fresh steamed green beans, fresh pears, milk |
| Snack | Cheese bread, apple juice | Graham crackers, orange juice | Pretzels, cheese sticks, apple juice |