

NISL ECC MENU for January 2018

January 1-5

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	<u>No school</u>	French toast sticks, oranges, milk	Whole wheat toast with cream cheese, fresh apples, milk	Yogurt parfait with granola and berries, milk	Whole grain cereal (Honey Nut Cheerios), fresh oranges, milk
Lunch		Rice with fish, chopped salad, grapes, milk	Chicken noodle soup, mixed vegetables, toast, canned cocktail, milk	Whole wheat chicken wraps, steamed carrots, fresh apples, milk	Lentil soup with white rice, fresh steamed green beans, fresh pears, milk
Snack		Graham crackers, grapes, orange juice	Pretzels, cheese sticks, apple juice	Whole grain Chex Mix, apple juice	Crackers with peanut butter, milk

January 8-12

	<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 pancakes, syrup, fresh oranges, milk	Whole grain cereal (Cheerios), fresh apples, milk
Lunch	Mac n cheese, canned peaches, fresh steamed green beans, milk	Lamb pilaf, fresh salad, fresh pears, milk	Beef spaghetti, steamed carrots, grapes, milk	Lentil soup with bread, canned potatoes, canned pineapples, milk	Beef and bean 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	Veggies dip with pita chips, water	Tuna salad with crackers, water

January 15-19

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	<u>No school</u>	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		Chicken pilaf, fresh chopped salad, fresh pears, milk	Pasta with fish, fresh chopped salad, fresh apples, milk	Mac n cheese, canned peaches, fresh steamed green beans, milk	Homemade cheese pizza, fresh broccoli, bananas, milk
Snack		Whole grain Chex Mix, grape juice	Pretzels, cheese sticks, apple juice	Whole wheat bread with cream cheese, water	Graham crackers, grape juice

January 22-26

	<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	Pasta with beef and frozen mixed vegetables, grapes, milk	Rice with fish, chopped salad, strawberries, milk	Baked chicken, mashed potatoes, canned corn, milk	Chicken pilaf, fresh salad, fresh pears, milk	Chicken noodle soup, mixed vegetables, toast, fresh pears, milk
Snack	Graham crackers, grape juice	Cheese bread, fresh pineapples, water	Vanilla wafers, orange juice	Animal crackers, apple juice	Cheese sticks, water

January 29-31

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>
Breakfast	Whole grain cereal (Honey Nut Cheerios), 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	Lentil soup with white rice, fresh steamed green beans, fresh pears, milk
Snack	Cheese bread, water	Graham crackers, grapes, orange juice	Pretzels, cheese sticks, apple juice