

## NISL ECC MENU for June 2018

June 4-8

|           | <u>MONDAY</u>   | <u>TUESDAY</u>  | <u>WEDNESDAY</u>  | <u>THURSDAY</u>  | <u>FRIDAY</u>  |
|-----------|---|---|---|--|--|
| Breakfast | W Grain<br>Cheerios<br>Fresh orange<br>Slices<br>Milk                   | Frozen Waffles<br>Fresh Apple<br>Slices<br>Milk                           | Whole wheat<br>Pancakes/Syrup<br>fresh oranges,<br>milk                       | Hot oatmeal<br>Bananas<br>milk                               | Whole grain<br>cereal (Honey Nut<br>Cheerios), fresh<br>oranges, milk                      |
| Lunch     | Mac And<br>Cheese<br>Steamed<br>Broccoli<br>Canned<br>Chickpeas<br>Milk | Brown Rice/w<br>Fish<br>Cucumber Slices<br>Fresh Orange<br>Slices<br>Milk | ChickPeas And<br>Potatoes Curry<br>Baby carrots<br>Green Beans<br>Grapes milk | WW Chicken<br>Wraps Canned<br>corn canned<br>pineapple, milk | Falafel<br>Sandwiches<br>Frozen Mix<br>Vegetables ,Fresh<br>Salad, Apple<br>Slices<br>milk |
| Snack     | Blueberry<br>Muffins<br>Grape Juice                                     | Graham Crackers<br>Apple Juice  | Orange juice<br>Bread with Cheese   | Tuna Salad with<br>Crackers<br>Water                         | Animal Crackers,<br>apple juice  |

June 11-15

|           | <u>MONDAY</u>   | <u>TUESDAY</u>  | <u>WEDNESDAY</u>   | <u>THURSDAY</u>   | <u>FRIDAY</u>  |
|-----------|---|---|--|---|--|
| Breakfast | Whole Grain<br>Cereal (Honey<br>Bunches of Oats)<br>fresh apples,<br>milk | Scrambled Eggs<br>Whole wheat<br>toast<br>Fresh oranges<br>milk | Hot cinnamon<br>Oatmeal<br>Bananas,<br>milk                          | Yogurt parfait<br>with granola and<br>berries , milk      | Whole grain<br>cereal (Honey Nut<br>Cheerios),<br>fresh oranges,<br>milk |
| Lunch     | Chicken Alfredo<br>Frozen Mixed<br>Vegetables<br>Bananas<br>milk          | Beef Burger<br>French Fries<br>canned peaches,<br>milk          | Baked chicken<br>WW Toast<br>mashed potatoes<br>fresh grapes<br>milk | Beef pilaf fresh<br>salad Fresh<br>apples slices,<br>milk | Homemade pizza<br>fresh Green<br>beans<br>fresh oranges<br>milk          |
| Snack     | Cheese Bread<br>fresh pineapples<br>Water                                 | Graham crackers<br>fresh pineapples ,<br>water                  | Vanilla Wafers<br>Orange juice                                       | PB and Jelly<br>sandwiches,<br>apple juice                | Cheese Sticks<br>Whole Wheat<br>Crackers                                 |

June 18-22

|           | <u>MONDAY</u>  | <u>TUESDAY</u>                                    | <u>WEDNESDAY</u>                                     | <u>THURSDAY</u>   | <u>FRIDAY</u>   |
|-----------|--|---|--|---|---|
| Breakfast | Whole grain Hot Oatmeal Cereal fresh Apple Slices , milk       | Bagels with Cream Cheese, Bananas milk            | Croissants/Straw berry Jam Fresh Orange Slices, milk | Homemade Pancakes Fresh Grapes , milk                           | Whole grain cereal (Honey Nut Cheerios), fresh oranges, milk            |
| Lunch     | Rice/Vegetable canned peaches, fresh steamed green beans, milk | Pasta with Chicken fresh salad, fresh pears, milk | Beef Quesadillas, steamed carrots, grapes, milk      | Chicken noodle soup, mixed vegetables, toast, fresh pears, milk | Falafel Sandwiches, Fresh Lettuce And Tomatoes, canned pineapples, milk |
| Snack     | WW Egg Sandwiches grape juice                                  | WW Mini Bagel Pizza, fresh pineapples, water      | PB And Jsandwiches, orange juice                     | Animal crackers, , apple juice                                  | Graham Crackers With yogurt, water                                      |

June 25-29

|           | <u>MONDAY</u>   | <u>TUESDAY</u>                                  | <u>WEDNESDAY</u>  | <u>THURSDAY</u>                               | <u>FRIDAY</u>   |
|-----------|---|---|---|---|---|
| Breakfast | Whole grain cereal (Cocoa Puffs), fresh apples, milk                | Bagels with cream cheese, bananas, milk         | Croissants with strawberry jam, fresh oranges, milk     | Yogurt parfait /Granola And Berries milk      | WG Honey Bunches Of Oats Cereal Fresh Grapes Milk       |
| Lunch     | Whole wheat cheese quesadillas, canned potatoes, fresh apples, milk | Pasta with fish, fresh salad, grapes, milk      | WW Beef Burger lettuce and tomatoes, fresh apples, milk | Rice with Chicken Salad Canned pineApple Milk | Cheese and Chicken Quesadillas Canned Corn Bananas Milk |
| Snack     | Peanut butter and jelly sandwiches, water                           | Whole grain Chex Mix, mini carrots, grape juice | Pretzels, cheese sticks, apple juice                    | Egg Sandwiches Apple Juice                    | Animal Crackers Grape Juice                             |