

## NISL ECC MENU for March 2018

March 1-2

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast				Hot Oatmeal Cereal Bananas, milk	Whole grain cereal (Honey Nut Cheerios), fresh oranges, milk
Lunch				Beef Spaghetti, Frozen Mix Veggies, fresh pears, milk	Beef Tacos Chopped Lettuce And Tomatoes, fresh apples, milk
Snack				PB Filled Pretzel, apple juice	Vanilla Wafers, grape juice

March 5-9

	<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	Beef pilaf, fresh salad, fruit Cocktail, milk	Beef spaghetti, steamed carrots, grapes, milk	Lentil Soup with Rice, Fresh Steamed Broccoli apple 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	Veggies dip with pita chips, water	Tuna salad with crackers, water

March 12-16

	<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	Tuna Sandwiches Fresh Baked Potatoes Fresh Pineapple Milk	Chicken pilaf, fresh chopped salad, fresh pears, milk	WW Pasta with Shrimp, fresh chopped salad, fresh apples, milk	Chicken Gyros, canned peaches, fresh Chopped Lettuce And Tomatoes, milk	Potato and Chickpea Curry WW Bread Bananas, milk
Snack	Egg Sandwiches Orange Juice	WW Mini Bagel Pizzas Apple Juice	Pretzels, cheese sticks, apple juice	Whole wheat bread with cream cheese, water	Graham crackers, grape juice

March 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	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	Beef Sandwiches, French Fries, Canned Peaches , milk	Baked chicken, mashed potatoes, fresh orange Slices, milk	Beef pilaf, fresh salad, fresh Fresh Apple Slices, milk	Chicken noodle soup, mixed vegetables, toast, fresh pears, 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

March 26-30

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Whole grain cereal (Honey Nut Cheerios), fresh apples, milk	WW Waffles Fresh oranges slices, milk	Whole wheat toast with cream cheese, fresh apples, milk	Homemade Pancakes Bananas Milk	WG Honey Bunches Of Oats Cereal Fresh Apple Slices Milk
Lunch	Baked Fish Sandwiches, chopped salad, grapes, milk	Whole wheat chicken wraps, steamed carrots, fresh apples, milk	Chicken Noodle Soup WW Bread, fresh steamed green beans, fresh pears, milk	Beef Tacos Chopped Lettuce And Tomatoes Canned Pineapple Milk	Homemade Cheese Pizza Steamed Frozen Mix Veggies Fresh Fruit Salad Milk
Snack	Cheese bread, Apple juice	English Muffins Mini Pizzas Grape Juice	Pretzel, cheese sticks, apple Juice	PB And Jelly Sandwiches, Water	WG crackers, orange juice