

## NISL ECC Menus May 2017

### May 1-5

|           | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY                                      | FRIDAY  |
|-----------|--|---|---|---|---|
| Breakfast | Cinnamon toast crunch cereal<br>Fresh apple slices<br>milk | Fresh Croissants<br>Bananas<br>Milk                                   | Frozen waffles<br>Fresh Orange Slices<br>Milk                                 | French toast sticks<br>Fresh oranges<br>Milk  | Honey nut cheerios<br>Fresh Pears<br>Milk             |
| LUNCH     | Mac and Cheese<br>Canned corn<br>Bananas<br>milk           | Lentil soup<br>Toast<br>Fresh Steamed Broccoli<br>Fresh pears<br>Milk | Spaghetti/Beef Sauce<br><br>Fresh grapes<br>Fresh roasted green beans<br>milk | Rice Pilaf<br>Salad<br>Canned Peaches<br>Milk | Homemade pizza<br>Carrots/ranch dip<br>Grapes<br>Milk |
| SNACK     | Animal crackers<br>Apple juice                             | Fruit and yogurt smoothies  | Chex mix<br>Apple juice   | Vanilla Wafers w/ pudding                     | Apple slices w/peanut butter<br><br>Grape Juice       |

### May 8-12

|           | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|-----------|---|--|---|---|--|
| BREAKFAST | Cereal<br>Banana<br>milk  | English muffins<br>pears<br>Milk   | Croissants w/ Nutella<br>Fresh apple slices         | Waffles<br>Fresh oranges<br>Milk                            | Cinnamon toast crunch<br>Fresh Bananas<br>Milk |
| LUNCH     | Beef And Vegetable pasta<br>Bananas<br>Milk Mix<br>vegetables<br>Milk | Chicken and cheese quesadillas<br>Fresh roasted broccoli<br>Fresh Apple slices<br>Milk | Rice and Beef<br>Fresh salad<br>Fresh pears<br>Milk | Chicken And Potatoes Curry<br>Naan bread<br>Bananas<br>Milk | Pizza<br>Broccoli<br>Bananas<br>Milk           |
| Snacks    | Chex- Mix<br>Grape juice  | Carrot sticks w/ ranch dip<br>Apple juice  | Peanut butter crackers<br>Grape juice               | Fruit and yogurt smoothie                                   | Animal crackers<br>Apple Juice                 |

## May 15-19

|           | MONDAY   | TUESDAY  | WEDNESDAY                                       | THURSDAY   | FRIDAY  |
|-----------|--|--|---|--|---|
| Breakfast | Cheerios<br>Tangerines<br>Milk                                 | English<br>Muffins<br>Fresh pears<br>Milk                | Frozen<br>Waffles<br>Bananas<br>Milk            | Bagels<br>w/cream<br>cheese<br>Apples<br>Milk        | Cereal-Honey<br>Nut Cheerios<br>Oranges<br>Milk                           |
| Lunch     | Macaroni<br>and cheese<br>Cantaloupe<br>Mix<br>Veggies<br>Milk | Fish fry<br>French<br>Fries<br>Canned<br>Peaches<br>Milk | Spaghetti<br>Mixed<br>vegetables<br>Pears Milk  | Rice and<br>lamb<br>salad<br>Fresh<br>Grapes<br>Milk | Cheese/chicken<br>pizza<br>Fresh green<br>beans<br>Fruit cocktail<br>Milk |
| Snack     | Fruit<br>Greek<br>yogurt<br>Smoothie                           | Peanut<br>Butter<br>Crackers<br>Apple juice              | Cheese<br>sticks and<br>crackers<br>Mango Juice | Chex Mix<br>Apple juice                              | Kellogg bars<br>Grape juice   |

## May 22-26

|           | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|-----------|--|--|--|---|--|
| BREAKFAST | Cereal<br>Fresh<br>Apples<br>Milk  | Frozen<br>Waffles<br>Bananas<br>Milk                         | Fresh<br>crossiants<br>Straw berry<br>jam<br>Milk                                | French Toast<br>Sticks<br>Fresh<br>Bananas<br>Milk              | Cereal<br>Apple slices<br>Milk   |
| LUNCH     | Pasta with<br>Beef and<br>vegetables<br>Fresh<br>Clementine<br>Green beans<br>Milk | Tuna<br>Sandwiches<br>French Fries<br>Water<br>Melon<br>milk | Beef tacos ,<br>Fresh<br>roasted<br>Green Beans<br>Fresh apple<br>slices<br>Milk | Rice and<br>Chicken<br>Fresh Salad<br>Canned<br>peaches<br>Milk | Fresh Homemade<br>Pizza<br>Canned Corn<br>Fresh orange<br>Slices<br>Milk |
| SNACK     | Graham<br>Crackers<br>Orange Juice   | Fruit and<br>Greek<br>yogurt<br>smoothies                    | Cheese<br>Crackers<br>Grape Juice  | Animal<br>Crackers<br>Apple Juice                               | Apple<br>slices/Peanut<br>butter<br>Apple Juice                          |

## May 29-May 31

| Breakfast                                    | Lunch   | Snack                           |
|--|---|---------------------------------|
| Cereal fresh apples milk                     | Macaroni and cheese<br>Bananas<br>Mix Veggies<br>milk | Animal Crackers<br>Apple Juice  |
| Bagels w/cream cheese<br>Apples<br>Milk      | Rice beef salad<br>orange milk                        | Graham Crackers<br>Orange Juice |
| French Toast Sticks<br>Fresh Bananas<br>Milk | Fish fry<br>French Fries<br>Canned Peaches<br>Milk    | Chex Mix<br>Apple juice         |