

NISL ECC MENU September 2017

September 5 – September 8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast		Yogurt parfait w/ granola & mixed berries, Milk	Whole Wheat toast, fresh Orange slices & Milk	WW Bagels w/ cream cheese, Fresh Apples, & Milk	Cereal & Milk w/ Bananas
LUNCH	LABOR DAY No School	Lentil soup w/ whole wheat bread, Peaches, fresh green beans & Milk	Beef Spaghetti, Broccoli, Cocktail fruit mix, & Milk	Chinese fried rice, Cantaloupe, & Milk	Chickpea curry w/ Naan, Watermelon, Canned Corn, & Milk
SNACK		Peanut butter Jelly Sandwiches Water	Graham Crackers and Apple juice	Animal crackers with Grape juice	Cheese sticks with Whole wheat crackers & Water

September 11 - 15

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	(whole grain) Cheerios w/ Mandarin & Milk	Frozen French Toast w/ Banana & Milk	Yogurt Parfait (w/ granola & berries) and Milk	Homemade Pancakes w/ Syrup, Orange, & Milk	(whole grain) Cheerios w/ Milk & Fresh sliced Apples
LUNCH	Peas and Potato Pilaf w/ Greek yogurt sauce, Canned Mixed fruits, & Milk	Chicken and cheese quesadillas Steamed Green Beans Fresh Apple slices & Milk	Alfredo Pasta with Broccoli, fresh grapes and Milk	Potato and cheddar Soup w/ bread, Bean Salad, Watermelon, & Milk	WW grilled cheese sandwiches, Salad, Cantaloupe, & Milk

Snacks	Whole grain Chex Mix with Orange Juice	WW Bread w/ cream cheese spread & Water	Pretzel w/ Peanut butter & Water	Hummus w/ Pita Chips & Water	Tuna Salad w/Crackers & Water

September 18 - 22

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	(Whole grain) Oatmeal w/ mix berries, & Milk	Scrambled Eggs w/ WW toast, Orange, & Milk	Cornflakes Cereal w/ Milk	Yogurt Parfait w/ granola, mixed berries & Water	Cereal-Honey Nut Cheerios Oranges Milk
Lunch		Chicken Pilaf, Cantaloupe, Green Beans, & Water	WW Tortilla Wrap (eggs, cheese, tomatoes, green peppers), Watermelon & Milk	Beef Spaghetti, Steamed carrot, Watermelon, & Milk	Fresh homemade pizza Fresh green beans Fruit cocktail Milk
Snack	Graham Crackers, & grape juice	Cheese bread, Pineapple, & Water	Chex Mix w/ yogurt, & water	Tuna Salad w/ crackers & water	Egg and Mayo Sandwich with Juice

September 25 - 29

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal Fresh Apples Milk	Frozen Waffles Bananas Milk	WW toast Straw berry jam & Milk	French Toast Sticks Fresh Bananas Milk	Honey nut Cheerios Apple slices Milk
LUNCH	Pasta with Beef Clementine Green beans Milk	Falafel Sandwich, lettuce & tomatoes, cocktail mixed fruit & Milk	Beef tacos, Fresh roasted Green Beans Fresh apple slices Milk	Rice and Beef Fresh Salad Canned peaches Milk	Homemade pizza Broccoli Apple slices milk
SNACK	Graham Crackers Orange Juice	Fruit and Greek yogurt smoothies	Cheese Crackers Grape Juice	Animal Crackers Apple Juice	Chex Mix Apple Juice

August 28 – September 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cornflakes Apple slices Milk	WW Bagels w/ cream cheese, Bananas and Milk	Scrambled Eggs, Tator tots, canned pineapple and Milk	WG Cinnamon Oatmeal and Milk	Cheerios w/ Milk, and canned peaches
LUNCH	Pasta with fish Salad Grapes Milk	Beef Spaghetti, Canned Corn Honey dew Melon, & Milk	Rice and chicken Salad Watermelon Milk	Cheese Quesadillas Fresh Apple Slices Canned Potatoes Milk	Broccoli Cheddar Soup w/ Crackers, Fresh Apple Slices, & Milk
SNACK	Blueberry Muffins, Apple Slices, and Milk	Celery stick with Peanut butter and water	Yogurt Parfait (granola and mixed berries) Water	Apple Slices w/ peanut butter, & Water	Pretzel with cheese cubes and grape juice