

ECC MENU for November 2023

October 30-November 3

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Whole Grain Cheerios Apple slices Milk	Fresh Croissants Bananas, Milk	WG Bagel fresh oranges, milk	Frozen Waffles Fresh apple slices Milk	Pancakes Bananas, Milk
Lunch	Beef Spaghetti Steamed carrots Pineapple slices Milk	Chicken pilaf Romaine salad Oranges, milk	Lentil soup Whole wheat breads Watermelon milk	Tuna sandwiches French fries Fresh Grapes milk *Rice/ Chicken	Beef pasta/mixed vegetables Fresh apple slices milk
Snack	PB and J sandwiches Milk	Whole grain Chex Mix, mini carrots, grape juice	Pretzels, cheese sticks, apple juice	Graham Crackers Canned pineapple chunks, water	Peanut butter and jelly sandwiches, water

November 6-10

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Wg cereal Cereal Fresh mandarin Milk	Fresh Croissants Fresh oranges milk	Whole grain Pancakes/Syrup fresh oranges, milk	Scrambled eggs WW toast Bananas milk	Bagels with cream cheese milk
Lunch	Chicken pilaf Salad Watermelon Milk	Meatball soup Whole wheat bread fresh apple slices milk	Baked chicken mashed potatoes Fresh grapes Ww toast milk	Chicken Wraps naan bread Watermelon Milk *Beef rice/ yogurt	Mac and cheese Canned corn peaches milk
Snack	pb and j sandwich Water	Graham crackers Apple juice	Cheese sticks crackers orange juice	Veg Spring Rolls apple juice	Animal Crackers, apple juice

November 13-17

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	WG Cereal Fresh apple slices milk	Scrambled Eggs, Whole wheat toast Fresh oranges milk	Hot Cinnamon Oatmeal Bananas, milk	Yogurt parfait with granola and berries, milk	Croissants with strawberry jam, fresh oranges, milk
Lunch	Chicken Pilaf Salad Grapes milk	Taco Tuesday Watermelon Fresh Salad milk *Chicken pasta	Chicken curry Whole Wheat Bread Watermelon milk	Baked fish/ rice Fresh Pears salad Milk	Chicken Alfredo Fresh apple slices milk
Snack	Hummus /pita bread grape juice	Graham crackers, Canned pineapple chunks, water	Animal crackers fruit cups water	WW PB and Jelly sandwiches, apple juice	Cheese Sticks Whole Wheat Crackers water

November 20-24

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Wg cheerios Fresh apple slices milk	Bagels with Cream Cheese, Bananas milk	Croissants/ Strawberry Jam, Fresh Orange Slices, Milk		
Lunch	chicken quesadilla Corn bananas milk *Lentil soup/ bread	Beef Pilaf Fresh Apple romaine salad Milk	Chicken Sandwiches French fries Fresh apple slices milk *Rice/Chicken	<u>NO SCHOOL</u>	<u>NO SCHOOL</u>
Snack	veggies chips applesauce	WW Mini Bagel Pizza, fresh pineapples, water	PB And J Sandwiches, orange juice		

November 27 - December 1

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Wg cheerios Fresh apple slices milk	Bagels with Cream Cheese, Bananas milk	Croissants/ Strawberry Jam Fresh Orange Slices, milk	Frozen Pancakes Fresh Grapes, milk	Scrambled Eggs Whole wheat toast Fresh oranges milk
Lunch	Chicken Noodle Soup WW Bread banana milk	Chicken Pilaf Fresh Apple Romaine salad Milk	Baked Chicken Mashed Potato WW bread peaches milk	Beef Spaghetti Canned corn Orange milk	Beef Taco, Chopped lettuce and tomatoes Pears milk
Snack	veggies chips applesauce	WW Mini Bagel Pizza, fresh pineapples, water	PB And J Sandwiches, orange juice	Animal crackers, apple juice	Graham Crackers With yogurt, water

*Substitutes for Infants

NISL Lunch Menu for October 2023

October 9-13

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Lunch	Chicken pilaf Salad Watermelon Milk	Meatball soup Whole wheat bread fresh apple slices milk	Baked chicken mashed potatoes Fresh grapes Ww toast milk	chicken wraps naan bread Watermelon Milk	chicken noodle soup WW bread Canned corn peaches milk

October 16-20

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Lunch	Chicken Pilaf Salad Grapes milk	Taco Tuesday Watermelon Fresh Salad milk	Chicken curry Whole Wheat Bread Watermelon milk	Fish and chips WW bread Fresh Pears salad Milk	Chicken Alfredo Fresh apple slices milk

October 23-27

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Lunch	chicken quesadilla Corn bananas milk	Beef Pilaf Fresh Apple romaine salad Milk	Chicken sandwiches French fries Fresh apple slices milk	Fish Fry Roasted Potatoes Ww toast Bananas, milk	Homemade pizza Green beans Peaches milk