

# JANUARY 2019

## ICS BREAKFAST & LUNCH MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



INDIAN  
COMMUNITY  
SCHOOL

# Welcome Back

from winter break

**WE LOVE OUR STUDENTS!**

Assorted Cereal  
Zucchini bread Slice  
Hardboiled Egg  
Greek Yogurt  
Banana  
Fresh Fruit  
Milk

7

WG Pancakes  
Turkey Ham  
Hardboiled Egg  
Pineapple Tidbits  
Fresh Fruit  
Milk

8

Assorted Cereals  
Nutrigrain Bar  
Hardboiled Egg  
Fresh OJ  
Strawberries  
Fresh Fruit • Milk

9

Tacos  
Refried Beans  
Local Green Salad  
Fresh Fruit  
Chilled Peaches  
Milk  
Sidekick

Hamburger on WWheat Bun  
Cheesy Collard Greens  
Sweet Potato Fries  
Pickles • Local Green Salad  
Melon Chunks  
Milk

Pasta w/ Meatsauce  
WW Garlic Toast  
Cheesy Broccoli  
Grapes  
Salad Bar Offerings  
Milk

Chicken Salad on a  
Multigrain Croissant  
Grilled Asparagus  
Sunchips  
Potato Wedges  
Mango Chunks  
Salad Bar Offerings  
Milk

Turkey & Bean Hominy  
Chilli  
Corn Muffin  
Baby Carrots  
Mixed berries  
Salad Bar Offerings  
Milk

WG Cereal  
WG Bagel  
w/ Cream Cheese  
Hard Boiled Egg  
Pineapple tidbits  
Fresh Fruit • Milk

14

Assorted Cereals  
Turkey Ham Hash  
Casserole  
WW Toast • Grapes  
Fresh Fruit • Milk

15

Darlington Bar  
Greek Yogurt Parfait  
Hard Boiled Egg  
Fresh Fruit  
Cranberries  
Mix Berries • Milk

16

WG Waffle  
Canadian Turkey Bacon  
Hard Boiled Egg  
Chilled Fruit Cocktail  
Fresh Fruit  
Milk

Assorted Cereals  
Omelet  
Whole Wheat toast  
Hard Boiled Egg  
Fresh Juice  
Fresh Fruit • Milk

Meatball Bomber Sub  
Roasted Brussel  
Sprouts  
Local Green Salad  
Fresh Apple  
Milk

Sloppy Joe  
Whole Wheat bun  
Tator Tots  
Local Green Salad  
Celery Sticks  
Diced Pears  
Milk

Pizza Sticks  
Quinoa Salad  
Cheesy Spinach  
Cherry Toms  
Local Green Salad  
Fresh Grapes  
Milk

Grilled Chicken Burger  
on Whole Wheat Bun  
Baked Beans  
Local green salad  
Fresh Fruit  
Watermelon • Milk

Beef & Bean Quesadilla  
Apple Churro treat  
Local Green Salad  
Fresh Mango  
Milk

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Assorted Cereals  
Turkey Ham Hash  
Casserole  
WW Toast • Grapes  
Fresh Fruit • Milk

22

Darlington Bar  
Greek Yogurt Parfait  
Hard Boiled Egg  
Fresh Fruit  
Cranberries  
Mix Berries • Milk

23

WG Waffle  
Canadian Turkey Bacon  
Hard Boiled Egg  
Chilled Fruit Cocktail  
Fresh Fruit  
Milk

Assorted Cereals  
Omelet  
Whole Wheat toast  
Hard Boiled Egg  
Fresh Juice  
Fresh Fruit • Milk

Chicken Patty on  
Whole Grain Skinny Bun  
Quinoa Salad  
Celery sticks  
Local Green Salad  
Watermelon Wedges  
Fresh Fruit • Milk

Hamburger patty  
w/WW Buns  
Baked Beans  
Broccoli Cole Slaw  
Fresh Fruit  
Mango  
Milk • Brownie treat

Taco Salad  
Refried Beans  
Mexican Rice  
Lettuce/Toms  
Salad Bar Offerings  
Mandarin Oranges  
Fresh fruit • Milk

Fish Sticks Sandwich  
w/Tartar Sauce  
Ranch Tator Tots  
Cherry Tomatoes  
Salad Bar Offerings  
Diced Peaches  
Fresh fruit • Milk

28

WGrain Cereal Bar  
Greek Yogurt Parfait  
Hard Boiled Egg  
Fresh Juice • Fresh Fruit  
Tropical Fruit Mix • Milk

29

Assorted Cereals  
Breakfast Pizza  
Banana  
Fresh Fruit  
Applesauce  
Milk

30

Assorted Cereals  
Fresh Oatmeal  
String cheese  
Fresh Fruit  
Craisins  
Milk

Pancakes  
Canadian Turkey  
Bacon  
Fresh Fruit  
Strawberries  
Milk

NO  
SCHOOL

Tomato Soup  
w/ Croutons  
Grilled Cheese On WG  
Broccoli  
Salad Bar Offerings  
Fresh Fruit • Melon  
wedges • Milk

Chicken Noodle Soup  
Mac N cheese  
Dinner Roll  
Celery Sticks  
Salad Bar Offerings  
Strawberries  
Milk  
Bavarian Cream Cup

Beef & Bean Quesadilla  
Brown Rice  
Carrot sticks  
Salad Bar Offerings  
Fresh Fruit Cup  
Fresh fruit  
Milk

Meatball Bomber Sub  
w/ Mozzarella cheese  
Pasta Salad  
Potato wedges  
Salad Bar Offerings  
Fresh Fruit  
Milk

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Lunch Entrée Alternatives Available Upon Request: Sunwise/BP&J on Whole Wheat or Turkey Ham & Cheese on Whole Wheat Bread.

All menus subject to change without notice.

ICS is an equal opportunity provider.

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