



APRIL 2019

ICS BREAKFAST & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Omelet Hard Boiled egg Whole Grain Raisin Toast Fresh Juice Fresh Fruit Milk	2 Assorted Cereals Fresh Oatmeal Nutrigrain Bar Hard Boiled Egg Fresh Fruit Mix Berries • Milk	3 Assorted Cereals Honey Bun Hard Boiled Egg Fresh Fruit Watermelon Chunks Milk	4 WG French Toast Sausage Patty Hard Boiled Egg String Cheese Fresh Fruit Salad Milk	5 Assorted Cereals Blueberry Cobbler Hard Boiled Egg Greek Yogurt Cup Fresh Fruit Milk
Chicken Chick Stew Artisan Roll Cheesy Cauliflower Fresh Cukes Mango Fresh Fruit Local Green Salad Milk	Pasta w/ meat sauce Cheesy Breadstick Cheesy Broccoli Grapes Salad Bar Offerings Milk	Cheese Pizza Brussel Sprouts Baby Carrots Salad Bar Offerings Peaches Fresh fruit Milk • Fruit Slushy	Turkey Meatballs w/ Gravy Mac N Cheese Corn on the Cob Strawberries Local Green Salad	Cheeseburger on WWheat Bun Cheesy Collard Greens Sweet Potato Fries Baked Beans Local Green Salad Tropical Fruit Milk
8 Blueberry Brk Biscuit Greek Yogurt Hard Boiled Egg Kiwi Fresh Fruit Milk	9 Pancakes String Cheese Hard Boiled Egg Fresh Fruit Apple Wedges Milk	10 Warm Apple Strudel Hard Boiled Egg Fresh Fruit Orange Smiles Milk	11 WGrain Cereal WG Bagel w/ Cream Cheese Hard Boiled Egg Pineapple tidbits Fresh Fruit • Milk	12 Assorted Cereals Egg & Sausage on English Muffin Hard Boiled Egg Fresh Fruit ¹ Milk
Pork Tacos on hard Shell Refried Beans Mexican Rice Local Green Salad Fresh Fruit Chilled Peaches • Milk	Turkey & Bean Hominy Chilli Artisan Roll Baby Carrots Mixed berries Salad Bar Offerings Milk	Chicken Sliders Sweet Potato Fries Celery sticks Local Green Salad Mandarin Oranges Fresh Fruit Milk	Cheese Quesadilla BBQ pork sliders (2) Savory Broccoli Riced Cauliflower Salad Bar Offerings Orange Smiles Fresh Fruit Milk	Turkey & Cheese Sub Roasted Purple Potatoes Sunchips Garden Tomatoes Tropical Fruit Cup Fresh Fruit Local Green Salad • Milk

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Happy Spring Break

22 Cheesy Omelet WW Toast Hard Boiled Egg Banana Fresh Fruit Milk	23 Assorted Cereals Zucchini Loaf String cheese Hard Boiled Egg Chilled Pears Fresh Fruit • Milk	24 WG French Toast Hard Boiled Egg String Cheese Grapes Fresh Fruit Milk	25 Fresh Oatmeal Greek Yogurt Hard Boiled Egg Fresh Fruit Craisins Milk	26 Assorted Cereals Honey Bun Hard Boiled Egg Fresh Fruit Watermelon Chunks Milk
Grilled Cheese Sandwich Tomato Soup Pretzels Savory Broccoli Edamame Local Green Salad Fresh Apple Milk	Chicken Wild Rice Soup Garlic Knot Bread Tator Tots Local Green Salad Celery Sticks Peaches Milk	Meatballs Mac N Cheese Cherry Toms Local Green Salad Strawberries Milk Treat	Grilled Chicken Burger on Whole Wheat Bun Baked Beans Tator Tots Local green salad Fresh Fruit Watermelon • Milk	Cheese Quesadilla Lemony Garbanzo Salad Raspberry Churro treat Local Green Salad Fresh Mango Milk
29 Assorted Cereal Cereal Bar Hard Boiled Egg Banana Fresh Fruit Milk	30 Assorted Cereals Tator Tot Casserole WW Toast Hardboiled Egg Mango • Fresh Fruit Milk	1 Breakfast Pizza Banana Hardboiled Egg Fresh Fruit Applesauce Milk	2 Assorted Cereal Greek Yogurt Parfait Breakfast Muffin Hard Boiled Egg Fresh Fruit Tropical Fruit Mix • Milk	3 Pancakes Canadian Turkey Bacon Hardboiled Egg Fresh Fruit Fresh Juice Orange Smiles • Milk
Chicken Alfredo Penne Pasta w/ Choice of sauce (White or Red) 3 Sister Salad • Garlic Knot Salad Bar Offerings Strawberries Fresh Fruit • Milk	Lasagna roll w/ Beef Sauce Dinner Roll Grilled Mushrooms Salad Bar Offerings Mandarin Oranges Fresh Fruit Milk	Tacos on Wheat Tortillas Mexican Rice Spicy Jicama Strawberries • Fresh Fruit Local Green Salad Milk • Treat	Lasagna roll w/ Beef Sauce • Dinner Roll Grilled Mushrooms Salad Bar Offerings Mandarin Oranges Fresh Fruit • Milk	Grilled Ham & Cheese Panini Broccoli • Baby Carrots Pretzels Local Green Salad Fresh Fruit Diced Peaches • Milk