



APRIL 2019

ICS BREAKFAST & LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Omelet Hard Boiled egg Whole Grain Raisin Toast Fresh Juice Fresh Fruit Milk	1	Assorted Cereals Fresh Oatmeal Nutrigrain Bar Hard Boiled Egg Fresh Fruit Mix Berries • Milk	2	Assorted Cereals Honey Bun Hard Boiled Egg Fresh Fruit Watermelon Chunks Milk	3	WG French Toast Sausage Patty Hard Boiled Egg String Cheese Fresh Fruit Salad Milk	4	Assorted Cereals Blueberry Cobbler Hard Boiled Egg Greek Yogurt Cup Fresh Fruit Milk	5
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	
Blueberry Brk Biscuit Greek Yogurt Hard Boiled Egg Kiwi Fresh Fruit Milk	8	Pancakes String Cheese Hard Boiled Egg Fresh Fruit Apple Wedges Milk	9	Warm Apple Strudel Hard Boiled Egg Fresh Fruit Orange Smiles Milk	10	WGrain Cereal WG Bagel w/ Cream Cheese Hard Boiled Egg Pineapple tidbits Fresh Fruit • Milk	11	Assorted Cereals Egg & Sausage on English Muffin Hard Boiled Egg Fresh Fruit ¹ Milk	12
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

Cheesy Omelet

22

WW Toast
Hard Boiled Egg
Banana
Fresh Fruit
Milk

Assorted Cereals

23

Zucchini Loaf
String cheese
Hard Boiled Egg
Chilled Pears
Fresh Fruit • Milk

WG French Toast

24

Hard Boiled Egg
String Cheese
Grapes
Fresh Fruit
Milk

Fresh Oatmeal

25

Greek Yogurt
Hard Boiled Egg
Fresh Fruit
Craisins
Milk

Assorted Cereals

26

Honey Bun
Hard Boiled Egg
Fresh Fruit
Watermelon Chunks
MilkGrilled Cheese Sandwich
Tomato Soup
Pretzels
Savory Broccoli
Edamame
Local Green Salad
Fresh Apple
MilkChicken Wild Rice Soup
Garlic Knot Bread
Tator Tots
Local Green Salad
Celery Sticks
Peaches
MilkMeatballs
Mac N Cheese
Cherry Toms
Local Green Salad
Strawberries
Milk
TreatGrilled Chicken Burger
on Whole Wheat Bun
Baked Beans
Tator Tots
Local green salad
Fresh Fruit
Watermelon • MilkCheese Quesadilla
Lemony Garbanzo Salad
Raspberry Churro treat
Local Green Salad
Fresh Mango
MilkAssorted Cereal
Cereal Bar
Hard Boiled Egg
Banana
Fresh Fruit
MilkAssorted Cereals
Tator Tot Casserole
WW Toast
Hardboiled Egg
Mango • Fresh Fruit
MilkBreakfast Pizza
Banana
Hardboiled Egg
Fresh Fruit
Applesauce
MilkAssorted Cereal
Greek Yogurt Parfait
Breakfast Muffin
Hard Boiled Egg
Fresh Fruit
Tropical Fruit Mix • MilkPancakes
Canadian Turkey Bacon
Hardboiled Egg
Fresh Fruit
Fresh Juice
Orange Smiles • MilkChicken Alfredo
Penne Pasta
w/ Choice of sauce
(White or Red)
3 Sister Salad • Garlic Knot
Salad Bar Offerings
Strawberries
Fresh Fruit • MilkLasagna roll w/ Beef Sauce
Dinner Roll
Grilled Mushrooms
Salad Bar Offerings
Mandarin Oranges
Fresh Fruit
MilkTacos on Wheat Tortillas
Mexican Rice
Spicy Jicama
Strawberries • Fresh Fruit
Local Green Salad
Milk • TreatLasagna roll w/ Beef
Sauce • Dinner Roll
Grilled Mushrooms
Salad Bar Offerings
Mandarin Oranges
Fresh Fruit • MilkGrilled Ham &
Cheese Panini
Broccoli • Baby Carrots
Pretzels
Local Green Salad
Fresh Fruit
Diced Peaches • Milk