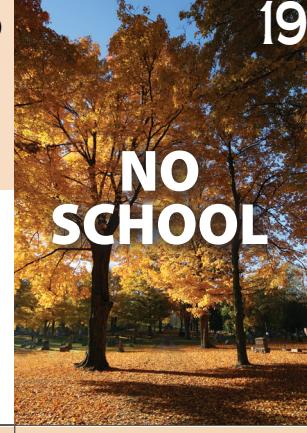
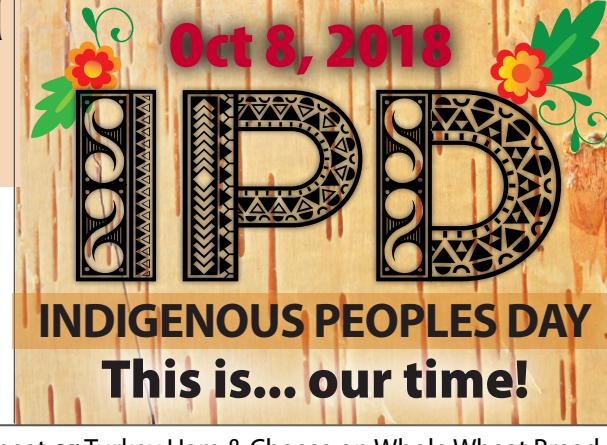


# OCTOBER 2018

## ICS BREAKFAST & LUNCH MENU



| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|--|---|---|---|
| Assorted Cereals<br>Zucchini Loaf<br>String cheese<br>Hard Boiled Egg<br>Chilled Pears<br>Fresh Fruit • Milk                               | 1<br>Whole Grain French Toast<br>Boiled Egg<br>Banana<br>Fresh Fruit Milk  | 2<br>Assorted Cereals<br>Cinnamon Roll<br>Fresh Oatmeal<br>Fresh Fruit<br>Watermelon Chunks Milk  | 3<br>Cheesy Omelet<br>WG Croissant<br>Hard Boiled Egg<br>Banana<br>Fresh Fruit Milk   | 4<br>Blueberry Brk Biscuit<br>Fruit & Yogurt Parfait<br>Hard Boiled Egg<br>Tropical Fruit Cup<br>Fresh Fruit Milk                                 |
| Chicken Slider on Wheat Buns<br>Sweet Potato Fries<br>Local Green Salad<br>Chilled Pears Milk  | Pork Roast w/ Gravy<br>Buttered Noodles<br>Dinner Roll<br>Corn on the Cob<br>Wild Rice Pilaf<br>Mixed Berries Milk | Ranch Chicken Sandwich Pita Bread<br>Sunchips<br>Edamame<br>Local Green Salad<br>Mandarin Oranges Treat                                     | Pizza Sticks<br>Quinoa Salad<br>Cherry Tomatoes<br>Salad Bar Offerings<br>Fresh Grapes<br>Fresh fruit Milk  | BBQ Turkey Meatballs<br>Rice Pilaf • Cheesy Spinach<br>Fresh Cukes<br>Salad Bar Offerings<br>Mango • Fresh Fruit Milk                             |
| Cereal Bar<br>Greek Yogurt<br>Granola<br>Hard Boiled Egg<br>Fresh Fruit<br>Orange Smiles Milk  | 8<br>9<br>Assorted Cereals<br>Blueberry Cobbler<br>Hard Boiled Egg<br>Greek Yogurt Cup<br>Fresh Fruit Milk         | 10<br>French Toast<br>String Cheese<br>Hard Boiled Egg<br>Fresh Kiwi<br>Tropical Fruit Cup Milk   | 11<br>W Grain Cereal<br>Hard Boiled Egg<br>Nutrigrain Bar<br>Banana<br>Juice Milk   | 12<br>Pancakes<br>String Cheese<br>Hard Boiled Egg<br>Fresh Fruit<br>Pineapple Tidbits Milk   |
| Choice of Hot dog or Sunwise • Fresh Veggies<br>House Salad<br>Waffle Fries<br>Strawberries<br>Fresh Fruit Slushy Milk                     | Beef Slides on WW Buns<br>Baked Beans<br>Broccoli Cole Slaw<br>Fresh Fruit<br>Watermelon Wedges Milk               | Beefy Nachos<br>Refried Black Beans<br>WG Churro<br>Brussel Sprouts<br>Mango<br>Fresh Fruit Milk  | Chicken Nuggets<br>Enchilada Lentils<br>Parmesan Breadstick<br>Celery Sticks<br>Salad Bar Offerings<br>Chilled Peaches<br>Fresh Fruit • Milk                        | Cheese Pizza<br>Creamy Spinach<br>Salad Bar Offerings<br>Edamame<br>Mix berries<br>Fresh fruit Milk • Treat                                       |
| Choice Omelet OR Hard Boiled egg WW Toast Fresh Fruit Milk   | 15<br>Assorted Cereals<br>Banana Bread<br>String Cheese<br>Hard Boiled Egg<br>Applesauce<br>Fresh Fruit • Milk     | 16<br>French Toast<br>Turkey Ham<br>Hard Boiled Egg<br>Chilled Fruit Cocktail<br>Fresh Fruit Milk   | 17<br>WGrain Cereal<br>WGrain Bagel w/Cream Cheese<br>Hard Boiled Egg<br>Pineapple tidbits<br>Fresh Fruit • Milk  | 18<br><br>NO SCHOOL  |
| Chicken Stir Fry<br>Oriental Brown Rice<br>Dinner Roll<br>Grilled Mushrooms<br>Salad Bar Offerings<br>Mandarin Oranges<br>Fresh Fruit Milk | Sunwise Sandwich<br>Carrots/Veggies<br>Apple Slices<br>Sunchips<br>String Cheese<br>Juice • Cookie                 | Chicken Patty Sliders on WG Pretzel Buns<br>Ranchero Beans<br>Salad Bar Offerings<br>Pineapple Tidbits Milk                                 | Beef & Bean Quesadilla<br>Brown Rice<br>Carrot Coins<br>Steamed Broccoli<br>Salad Bar Offerings<br>Fresh Fruit Cup Milk   |   |
| WG Waffle<br>Hard Boiled Egg<br>String Cheese<br>Grapes<br>Fresh Fruit Milk  | 22<br>Assorted Cereals<br>Egg & Cheese Biscuit Sandwich<br>Hard Boiled Egg<br>Fresh Juice<br>Fresh Fruit • Milk    | 23<br>Assorted Cereal<br>Cereal Bar<br>String Cheese<br>Hard Boiled Egg<br>Banana<br>Fresh Fruit • Milk                                     | 24<br>Omelet<br>Whole Wheat Toast<br>Hard Boiled Egg<br>Fresh Fruit<br>Tropical Fruit Cup Milk  | 25<br>Whole Grain French Toast<br>Canadian Turkey Bacon<br>Hard Boiled Egg<br>Apple Smiles<br>Fresh Fruit • Milk                                  |
| Meatloaf<br>Pierre Breadstick<br>Mash potatoes w/Gravy<br>Red Peppers<br>Salad Bar Offerings<br>Fresh Oranges<br>Fresh Fruit • Milk        | Grilled Ham & Cheese Panini • Green Beans Pretzels<br>Local Green Salad<br>Fresh Fruit<br>Tropical Fruit Milk      | Chili Powerhouse Cheese Breadstick<br>Grilled Asparagus<br>Parsley Red Potatoes<br>Orange Wedges<br>Local Green Salad<br>Fresh Fruit • Milk | Turkey & Cheese on Wheat Sub<br>Black Bean Salsa<br>Salad Bar Offerings<br>Fresh Grapes<br>Fresh Fruit Milk   | Meatball Bomber Sub<br>Pasta Salad<br>Seasonal Vegetable<br>Fresh Red Peppers<br>Salad Bar Offerings<br>Fall Harvest Apples<br>Brownie treat Milk |
| Fresh Oatmeal<br>Greek Yogurt<br>Hard Boiled Egg<br>Fresh Fruit • Craisins<br>Mix Berries • Milk   | 29<br>Assorted Cereals<br>Turkey Ham<br>Hash Casserole<br>Ww Toast • Grapes<br>Fresh Fruit • Milk                  | 30<br>WGrain Cereal Bar<br>Greek Yogurt Parfait<br>Hard Boiled Egg<br>Fresh Juice • Mil • Fresh Fruit • Tropical Fruit Mix                  | 31<br><br>Oct 8, 2018<br>SIPB<br>INDIGENOUS PEOPLES DAY<br>This is... our time! |   |
| Taco Salad<br>Refried Beans<br>Mexican Rice<br>Lettuce/Toms<br>Salad Bar Offerings<br>Mandarin Oranges<br>Fresh fruit • Milk               | Chicken & Waffles<br>Chicken Spinach<br>Fresh Veggies<br>Local Green Salad<br>Watermelon Milk                      | Spaghetti w/ Meatsauce<br>WW Garlic Toast<br>Fall Roasted Vegetables<br>Green Beans • Grapes<br>Salad Bar Offerings Milk                    |   |   |

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.

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