



OCTOBER 2018

ICS BREAKFAST & LUNCH MENU

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