

NOVEMBER 2018

ICS BREAKFAST & LUNCH MENU

MONDAY

TUESDAY

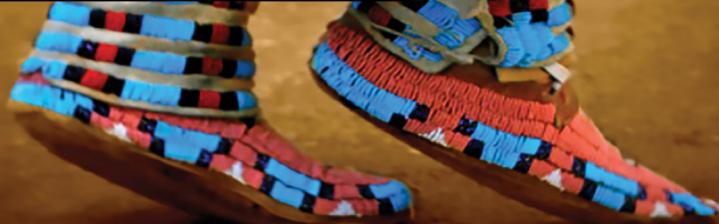
WEDNESDAY

THURSDAY

FRIDAY

Rock Your Mocs

AT ICS ON FRI, NOV. 16



Whole Grain Cereal
String Cheese
Cereal Bar
Hard Boiled Egg
Banana
Fresh Fruit
Milk

5

Pancakes
Canadian Bacon
Hard Boiled Egg
Fresh Fruit
Strawberries
Milk

6

Whole Grain Cereal
Breakfast Pizza
Hard Boiled Egg
Banana
Applesauce
Milk

7

Fresh Oatmeal
Greek Yogurt
Hard Boiled Egg
Craisins
Fresh Fruit
Milk

1

Turkey Ham Hash
Whole Wheat Toast
Hard Boiled Egg
Fresh Mango
Fresh Fruit
Milk

2

Taco Salad
Refried Beans
Mexican Rice
Mandarin Oranges
Lettuce/Tomatoes
Fresh fruit
Milk

Meatball Bomber
Pasta Salad
Seasonal Veggies
Fresh Red Peppers
Fall Harvest Apple
Fresh Fruit
Milk

Beef & Bean
Quesadilla
Brown Rice
Carrot Sticks
Salad Bar Offerings
Fresh Fruit
Milk

8

BBQ Pork Slider
Broccoli Salad
Potato Wedges
Pineapple Tidbits
Salad Bar Offerings
Fresh Fruit
Milk

9

WG Cereal Bar
Yogurt Parfait
Hard Boiled Egg
Tropical Fruit Cup
OJ • Milk

WG Cereal Bar
Yogurt Parfait
Hard Boiled Egg
Tropical Fruit Cup
OJ • Milk

10

Assorted Cereals
Hard Boiled Egg
Zucchini Loaf
String Cheese
Chilled Pears
Milk

11

WG French Toast
Hard Boiled Egg
Banana
Fresh Fruit
Milk

12

WG Cereal
Cinnamon Bun
Fresh Oatmeal
Hard Boiled Egg
Fresh Fruit
Milk

13

Omelet
Hard Boiled Egg
Wwheat Toast
Banana
Fresh Fruit
Milk

14

Blueberry Biscuit
Yogurt Parfait
Hard Boiled Egg
Tropical Fruit
Milk

15

Chicken Slider on
Wheat Buns
Sweet Potato Fries
Local Green Salad
Chilled Pears
Milk
Sidekick

16

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Pork Roast w/ Gravy
Dinner Roll
Green Beans
Plantains
Wild Rice Pilaf
Mixed Berries
Milk

17

Ranch Chicken
Sandwich
Goldfish Pretzels
Local Green Salad
Mandarin Oranges
Treat - Milk

18

Pizza Sticks
Quinoa Salad
Cherry Toms
Salad Bar
Fresh Grapes/Fresh
Fruit

19

Turkey Meatballs
w/Gravy
Buttered Noodles
Fresh Cucumbers
Strawberries
Pumpkin Pie
Milk

20

NO SCHOOL NOVEMBER 19- NOVEMBER 23, 2018

**FREE FRIDAY
NIGHT MOVIE FOR
ICS FAMILIES**

November 16, 2018

**Please RSVP to FRC by
November 14, 2018**



WG Cereal
Hard Boiled Egg
Nutrigrain Bar
Banana
OJ - Fresh Fruit
Milk

26

WG Cereal
Blueberry Cobbler
Hard Boiled Egg
Greek Yogurt
Fresh Fruit • Milk

27

Pancakes
Turkey Ham Hard
Boiled Egg
Pineapple Tidbits
Fresh Fruit
Milk

28



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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