



# MARCH 2019

## ICS BREAKFAST & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheesy Omelet WW Toast Hard Boiled Egg Banana Fresh Fruit Milk	Assorted Cereals Zucchini Loaf String cheese Hard Boiled Egg Chilled Pears Fresh Fruit • Milk	WG French Toast Hard Boiled Egg String Cheese Grapes Fresh Fruit Milk	Fresh Oatmeal Greek Yogurt Hard Boiled Egg Fresh Fruit Craisins Milk	Assorted Cereals Honey Bun Hard Boiled Egg Fresh Fruit Watermelon Chunks Milk
Chicken w/ Gravy • Rice Pilaf • Garlic Knot Bread Tricolored Potatoes Cukes/Tom Salad Melon Chunks Fresh Fruit • Local Green Salad • Milk	Beefy Nachos Refried Black Beans WG Churro Brussel Sprouts Mango Fresh Fruit Milk	Turkey & Cheese on Wheat Sub • Sunchips Black Bean Salad Asparagus Salad Bar Offerings Tropical Fruit • Fresh Fruit Milk / Treat	Hamburger on WW Buns Baked Beans Celery Sticks Fresh Fruit Mandarin Oranges Milk	Chicken Nuggets Mac N Cheese Parmesan Breadstick Baby Carrots Salad Bar Offerings Chilled Peaches Fresh Fruit • Milk
Assorted Cereal Cereal Bar Hard Boiled Egg Banana Fresh Fruit Milk	Assorted Cereals Tator Tot Casserole WW Toast Hardboiled Egg Mango Fresh Fruit • Milk	Breakfast Pizza Banana Hardboiled Egg Fresh Fruit Applesauce Milk	Assorted Cereal Greek Yogurt Parfait Breakfast Muffin Hard Boiled Egg Fresh Fruit Tropical Fruit Mix • Milk	Pancakes Canadian Turkey Bacon • Hardboiled Egg Fresh Fruit Fresh Juice Strawberries • Milk
Volcanic Turkey Meatloaf Artisan Dinner Roll Mashed Potatoes Tricolored Carrots Salad Bar Offerings Pineapple Tidbits Milk	BRK For Lunch! Omelet • Waffles Creamy Spinach Local Green Salad Fresh Fruit Cup Ultra Power Doughnut Milk	Baked Pasta Chicken Tenders Celery Sticks Garbanzo salad Salad Bar Offerings Strawberries • Milk Frozen Juice Treat	Cheese Quesadilla Raspberry Churro Steamed Broccoli Cucumber sticks Salad Bar offerings Mandarin Oranges Milk	Broccoli Soup Pizza Sticks Cherry Tomatoes Salad Bar Offerings Fruit Cocktail Fresh fruit Milk
<b>NO SCHOOL</b>	Whole Grain French Toast Hard Boiled Egg Banana • Fresh Fruit Fresh Juice • Milk	WGrain Cereal WGrain Bagel w/Cream Cheese Hard Boiled Egg Strawberries Fresh Fruit • Milk	Cheesy Omelet WG Croissant Hard Boiled Egg Mix Berries Fresh Fruit Milk	Blueberry Brk Biscuit Fruit & Yogurt Parfait Hard Boiled Egg Tropical Fruit Cup Fresh Fruit • Milk
Zucchini Bread Fresh Oatmeal String cheese Fresh Fruit Craisins Milk	Chicken Tortilla Soup Tortilla Chips Mexican Rice Cheesy Cauliflower Savory Broccoli Pineapple • Fresh Fruit Local Green Salad • Milk	Tuna Salad Multigrain Croissant Mac n cheese Cuke sticks Broccoli Salad Bar Offerings Treat • Milk	Chicken & Waffles Cheesy Spinach Fresh Veggies Salad Bar Offerings Watermelon Milk	Hunter's Stew w/ Bison Baked Potato 3 Sister's Salad Corn Bread • Strawberries Milk <b>ALL SCHOOL FEAST</b>
Roast Pork w/ Gravy Enchilada lentils Garlic Knot Plantains Local Green Salad Fresh Fruit Cup Milk	Grilled Ham & Cheese Panini Asparagus • Pretzels Salad Bar Offerings Fresh Fruit Melon wedges Milk	Breakfast Biscuit Casserole WW Toast Grapes Fresh Fruit Milk	Taco Pie Cheese Breadstick Roasted Brussel Sprouts Diced Peaches Fresh Fruit Local Green Salad Milk	Assorted Cereals Banana Loaf String cheese Hard Boiled Egg Chilled Pears Fresh Fruit • 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.

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