

MAY 2019

ICS BREAKFAST & LUNCH MENU


MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY


Zucchini Bread
Fresh Oatmeal
String cheese
Fresh Fruit
Craisins
Milk

6

Whole Grain French Toast
Hard Boiled Egg
Banana
Fresh Fruit
Fresh Juice • Milk

7

Breakfast Pizza
Banana
Hardboiled Egg
Fresh Fruit
Applesauce
Milk

1

Assorted Cereal
Greek Yogurt Parfait
Breakfast Muffin
Hard Boiled Egg
Fresh Fruit
Tropical Fruit Mix • Milk

2

Tacos on Wheat Tortillas
Mexican Rice
Spicy Jicama
Strawberries • Fresh Fruit
Local Green Salad
Milk • Treat

Lasagna roll w/ Beef
Sauce • Dinner Roll
Grilled Mushrooms
Salad Bar Offerings
Mandarin Oranges
Fresh Fruit • Milk

Pancakes
Canadian Turkey Bacon
Hardboiled Egg
Fresh Fruit
Fresh Juice
Orange Smiles • Milk

3

Grilled Chicken Sliders
WG Pretzel Bun
Corn on The Cob
Celery Sticks
Salad Bar Offerings
Pineapple Tidbits
Milk

8

Roast Pork w/ Gravy
Black beans
Rice Pilaf
Green Beans
Local Green Salad
Strawberries
• Milk

WGrain Cereal
WGrain Bagel
w/Cream Cheese
Hard Boiled Egg
Strawberries
Fresh Fruit • Milk

8

Cheesy Omelet
WG Croissant
Hard Boiled Egg
Mix Berries
Fresh Fruit
Milk

9

Blueberry Brk Biscuit
Fruit & Yogurt Parfait
Hard Boiled Egg
Tropical Fruit Cup
Fresh Fruit
Milk

10

Whole Grain Waffles
Canadian Turkey Bacon
Hard Boiled Egg
Applesauce
Fresh Fruit
Milk

13

14

Turkey & Cheese
on Wheat Sub
Tater Tots
Garbanzo Summer Salad
Salad Bar Offerings
Fresh Grapes
Fresh Fruit • Milk

Assorted cereals
Breakfast Burrito
Hardboiled Egg
Kiwi • Juice
Fresh Fruit • Milk

15

Breakfast Biscuit
Casserole
WW Toast • Grapes
Fresh Fruit
Milk

16

Assorted Cereals
Banana Loaf
String cheese
Hard Boiled Egg
Chilled Pears • Fresh Fruit
Milk

17

15

16

Assorted cereals
Breakfast Burrito
Hardboiled Egg
Kiwi • Juice
Fresh Fruit • Milk

17

Baked Chicken
Parmesan
Celery Sticks
Buttered noodles
Adamame
Salad Bar Offerings
Pineapple tidbits
Fresh Fruit
Milk

Grilled Cheese Sandwich
Tomato Soup
Broccoli
Pretzels
Strawberry Spinach Salad
Salad Bar Offerings
Milk

18

17

NO
SCHOOL

18

Assorted Cereals
Fresh Oatmeal
Nutrigrain Bar
Hard Boiled Egg
Fresh Fruit
Mix Berries • Milk

19

WG French Toast
Sausage Patty
Hard Boiled Egg
String Cheese
Fresh Fruit Salad
Milk

20

Assorted Cereals
Blueberry Cobbler
Hard Boiled Egg
Greek Yogurt Cup
Fresh Fruit
Milk

21

19

NO
SCHOOL

20

Assorted Cereals
Honey Bun
Hard Boiled Egg
Fresh Fruit
Watermelon Chunks
Milk

21

Pizza Sticks
Macaroni Salad
Oriental Chop Salad
Red Peppers
Mandarin Oranges
Fresh Fruit
Milk

22

Family Style Meal
Turkey Roast w/ Gravy
on Cornbread Bowl
Mushroom Cranberry
Wild Rice • Corn
Strawberries • Milk

23

21

NO
SCHOOL

22

Blueberry Brk
Biscuit
Greek Yogurt
Hard Boiled Egg
Apple Wedges
Fresh Fruit • Milk

23

WGrain Cereal
WG Bagel w/Cream
Cheese
Hard Boiled Egg
Pineapple tidbits
Fresh Fruit • Milk

24

Assorted Cereals
Egg & Sausage on
English Muffin
Hard Boiled Egg
Kiwi • Fresh Fruit
Milk

25

23

NO
SCHOOL

24

To Be
Determined
No Alternate Meals

25

To Be
Determined
No Alternate Meals

26

To Be
Determined
No Alternate Meals

27

25

26

27

28

28

29

29

30

26

27

28

29

29

30

30

31

27

28

29

30

30

31

31

28

29

30

31

31

32

32

33

29

30

31

32

32

33

33

34

30

31

32

33

33

34

34

35

31

32

33

34

34

35

35

36

32

33

34

35

35

36

36

37

33

34

35

36

36

37

37

38

34

35

36

37

37

38

38

39

35

36

37

38

38

39

39

40

36

37

38

39

39

40

40

41

37

38

39

40

40

41

41

42

38

39

40

41

41

42

42

43

39

40

41

42

42

43

43

44

40

41

42

43

43

44

44

45

41

42

43

44

44

45

45

46

42

43

44

45

45

46

46

47

43

44

45

46

46

47

47

48

44

45

46

47