



MAY 2019

ICS BREAKFAST & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Breakfast Pizza Banana Hardboiled Egg Fresh Fruit Applesauce Milk	2 Assorted Cereal Greek Yogurt Parfait Breakfast Muffin Hard Boiled Egg Fresh Fruit Tropical Fruit Mix • Milk	3 Pancakes Canadian Turkey Bacon Hardboiled Egg Fresh Fruit Fresh Juice Orange Smiles • Milk
		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	Grilled Ham & Cheese Panini Broccoli • Baby Carrots Pretzels Local Green Salad Fresh Fruit Diced Peaches • Milk
6 Zucchini Bread Fresh Oatmeal String cheese Fresh Fruit Craisins Milk	7 Whole Grain French Toast Hard Boiled Egg Banana Fresh Fruit Fresh Juice • Milk	8 WGrain Cereal WGrain Bagel w/Cream Cheese Hard Boiled Egg Strawberries Fresh Fruit • Milk	9 Cheesy Omelet WG Croissant Hard Boiled Egg Mix Berries Fresh Fruit Milk	10 Blueberry Brk Biscuit Fruit & Yogurt Parfait Hard Boiled Egg Tropical Fruit Cup Fresh Fruit Milk
Grilled Chicken Sliders WG Pretzel Bun Corn on The Cub Celery Sticks Salad Bar Offerings Pineapple Tidbits Milk	Roast Pork w/ Gravy Black beans Rice Pilaf Green Beans Local Green Salad Strawberries • Milk	Taco Pie Red Peppers Jicama Sticks Salad Bar Offerings Diced Pears • Fresh Fruit Raspberry Churro Milk	Meatballs Macaroni & Cheese Dinner Roll Broccoli Cucumber sticks Salad Bar offerings Mandarin Oranges Milk	Chicken Nuggets Pretzel Cheesestick Sweet Potato Wedges Salad Bar Offerings Mix berries Fresh fruit Milk
 <div> NO SCHOOL </div>	13 Whole Grain Waffles Canadian Turkey Bacon Hard Boiled Egg Applesauce Fresh Fruit Milk	14 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
	Turkey & Cheese on Wheat Sub Tater Tots Garbanzo Summer Salad Salad Bar Offerings Fresh Grapes Fresh Fruit • Milk	Cheese Quesadilla Fresh Veggies Brussel Sprouts Salad Bar Offerings Watermelon Milk Brownie treat	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
20 Omelet Hard Boiled egg Whole Grain Raisin Toast Fresh Juice Fresh Fruit Milk	21 Assorted Cereals Fresh Oatmeal Nutrigrain Bar Hard Boiled Egg Fresh Fruit Mix Berries • Milk	22 Assorted Cereals Honey Bun Hard Boiled Egg Fresh Fruit Watermelon Chunks Milk	23 WG French Toast Sausage Patty Hard Boiled Egg String Cheese Fresh Fruit Salad Milk	24 Assorted Cereals Blueberry Cobbler Hard Boiled Egg Greek Yogurt Cup Fresh Fruit Milk
Chicken Popcorn Mac N Cheese Green Beans Fresh Apple Wedges Salad Bar Offerings Fresh Fruit Milk	Chicken Burrito Melon Chunks Cukes/Tomato Salad Fresh Fruit Local Green Salad Milk	Pulled BBQ Pork Sandwich • Potato Salad Cheesy Broccoli Salad Bar Offerings Fresh Fruit Melon wedges Milk	Pizza Sticks Macaroni Salad Oriental Chop Salad Red Peppers Mandarin Oranges Fresh Fruit Milk	Family Style Meal Turkey Roast w/ Gravy on Cornbread Bowl Mushroom Cranberry Wild Rice • Corn Strawberries • Milk
 <div> NO SCHOOL </div>	27 Blueberry Brk Biscuit Greek Yogurt Hard Boiled Egg Apple Wedges Fresh Fruit • Milk	28 Warm Apple Strudel Hard Boiled Egg Fresh Fruit Orange Smiles Milk	29 WGrain Cereal WG Bagel w/Cream Cheese Hard Boiled Egg Pineapple tidbits Fresh Fruit • Milk	30 Assorted Cereals Egg & Sausage on English Muffin Hard Boiled Egg Kiwi • Fresh Fruit Milk
	To Be Determined No Alternate Meals	To Be Determined No Alternate Meals	To Be Determined No Alternate Meals	To Be Determined No Alternate Meals