

# SEPTEMBER 2018

## ICS BREAKFAST & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>NO SCHOOL (LABOR DAY)</b>	<b>3</b> W Grain Cereal Hard Boiled Egg Nutrigrain Bar Banana Juice Milk	<b>4</b> Pancakes String Cheese Hard Boiled Egg Fresh Fruit Pineapple Tidbits Milk	<b>5</b> Choice Omelet OR Hard Boiled egg WW Toast Fresh Fruit Milk	<b>6</b> Assorted Cereals Banana Bread String Cheese Hard Boiled Egg Applesauce Fresh Fruit • Milk
	<b>7</b> Chicken Nuggets Enchilada Lentils Parmesan Breadstick Celery Sticks Salad Bar Offerings Chilled Peaches Fresh Fruit • Milk	<b>8</b> Cheese Pizza Creamy Spinach Salad Bar Offerings Edamame Mix berries Fresh fruit Milk Treat	<b>9</b> Chicken Stir Fry Oriental Brown Rice Dinner Roll Grilled Mushrooms Salad Bar Offerings Mandarin Oranges Fresh Fruit Milk	<b>10</b> <b>INDIAN SUMMER FESTIVAL</b> Sunwise Sandwich Carrots/Veggies Apple Slices Sunchips String Cheese Juice • Cookie
	<b>11</b> French Toast Turkey Ham Hard Boiled Egg Chilled Fruit Cocktail Fresh Fruit Milk	<b>12</b> WGrain Cereal WGrain Bagel w/ Cream Cheese Hard Boiled Egg Pineapple tidbits Fresh Fruit • Milk	<b>13</b> Darlington Bar Greek Yogurt Parfait Hard Boiled Egg Fresh Fruit Cranberries Mix Berries • Milk	<b>14</b> WG Waffle Hard Boiled Egg String Cheese Grapes Fresh Fruit Milk
<b>15</b> Chicken Patty Sliders on WG Pretzel Buns Ranchero Beans Salad Bar Offerings Pineapple Tidbits Milk	<b>16</b> Beef & Bean Quesadilla Brown Rice Carrot Coins Steamed Broccoli Salad Bar Offerings Fresh Fruit Cup Milk	<b>17</b> Mac N cheese Chicken Tenders Green Peas Celery Sticks Salad Bar Offerings Strawberries Milk	<b>18</b> Meatloaf Pierre Breadstick Mash potatoes w/Gravy Red Peppers Salad Bar Offerings Fresh Oranges Fresh Fruit • Milk	<b>19</b> Assorted Cereals Egg & Cheese Biscuit Sandwich Hard Boiled Egg Fresh Juice Fresh Fruit • Milk
<b>20</b> Assorted Cereal Cereal Bar String Cheese Hard Boiled Egg Banana Fresh Fruit • Milk	<b>21</b> Omelet Whole Wheat Toast Hard Boiled Egg Fresh Fruit Tropical Fruit Cup Milk	<b>22</b> Whole Grain French Toast Canadian Turkey Bacon Hard Boiled Egg Apple Smiles Fresh Fruit • Milk	<b>23</b> Fresh Oatmeal Greek Yogurt Hard Boiled Egg Fresh Fruit Craisins • Mix Berries Milk	<b>24</b> Assorted Cereals Turkey Ham Hash Casserole Ww Toast Grapes • Fresh Fruit Milk
<b>25</b> Chili Powerhouse Cheese Breadstick Grilled Asparagus Parsley Red Potatoes Orange Wedges • Fresh Fruit • Local Green Salad Milk	<b>26</b> Turkey & Cheese on Wheat Sub Black Bean Salsa Salad Bar Offerings Fresh Grapes Fresh Fruit Milk	<b>27</b> Meatball Bomber Sub Pasta Salad Seasonal Vegetable Fresh Red Peppers Salad Bar Offerings Fall Harvest Apples Brownie treat Milk	<b>28</b> Taco Salad Refried Beans Mexican Rice Lettuce/Toms Salad Bar Offerings Mandarin Oranges Fresh fruit • Milk	<b>29</b> Chicken & Waffles Chicken Spinach Fresh Veggies Local Green Salad Watermelon Milk
 <b>NO SCHOOL</b>	<b>30</b> WGrain Cereal Bar Greek Yogurt Parfait Hard Boiled Egg Fresh Juice • Mil • Fresh Fruit • Tropical Fruit Mix	<b>31</b> Assorted Cereals Breakfast Pizza Banana Fresh Fruit Applesauce Milk	<b>32</b> Assorted Cereals Fresh Oatmeal String cheese Fresh Fruit Craisins/Mango • Milk	<b>33</b> Pancakes Canadian Turkey Bacon Fresh Fruit Strawberries Milk
	<b>34</b> Spaghetti w/ Meatsauce WW Garlic Toast Fall Roasted Vegetables Green Beans • Grapes Salad Bar Offerings Milk	<b>35</b> Choice of: Scoop-it-up Chicken on a Multigrain Croissant OR Sunwise Sandwich Salad Bar offerings Diced Peaches Fresh Veggies Milk	<b>36</b> BBQ Chicken Drumsticks Asparagus Pasta Salad Edamame Local Green Salad Fresh Fruit Cup Fresh Fruit Milk	<b>37</b> Tomato Soup Grilled Cheese On WG Broccoli Salad Bar Offerings Fresh Fruit Melon wedges 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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