

DECEMBER 2018

ICS BREAKFAST & LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

Grilled Chicken Sliders
WG Pretzel Bun
Ranchero Beans
Cucumber Sticks
Salad Bar Offerings
Pineapple Tidbits

Assorted Cereal
Cereal Bar
String Cheese
Hard Boiled Egg
Banana
Fresh Fruit
Milk

Chili con carne
Baked Potato
Corn Bread
Orange Wedges
Fresh Fruit
Salad Bar Offerings
Milk

Assorted Cereals
Breakfast Pizza
Banana
Fresh Fruit
Applesauce
Milk

Chicken Stir Fry
Oriental Brown Rice
Dinner Roll
Grilled Mushrooms
Salad Bar Offerings
Mandarin Oranges
Fresh Fruit
Milk

3

Assorted Cereals
Turkey Ham Hash
Casserole • WW Toast
Grapes • Fresh Fruit
Milk

4

Darlington Bar
Greek Yogurt Parfait
Hard Boiled Egg
Fresh Fruit
Cranberries • Mix Berries
Milk

5

French Toast
Turkey Ham
Hard Boiled Egg
Chilled Fruit Cocktail
Fresh Fruit
Milk

6

Assorted Cereals
Egg & Cheese Biscuit
Sandwich
Hard Boiled Egg
Fresh Juice
Fresh Fruit • Milk

7

BRK For Lunch!
Scrambled Eggs
Creamy Spinach
Pancakes
Local Green Salad
Fresh Fruit Cup
Ultra Power Doughnut
Milk

Mac N cheese
Chicken Tenders
Green Peas
Celery Sticks
Salad Bar Offerings
Strawberries
Milk

Swedish Meatballs
Brown Rice Pilaf
Tricolored Carrots
Salad Bar offerings
Mandarin Oranges
Milk

Broccoli Soup
Pizza Sticks
Dinner Roll
Cherry Tomatoes
Salad Bar Offerings
Fruit Cocktail
Fresh fruit • Milk

10

Omelet
Whole Wheat toast
Hard Boiled Egg
Fresh Fruit
Tropical Fruit Cup
Milk

11

Assorted Cereals
Cinnamon Roll
Fresh Oatmeal
Fresh Fruit
Watermelon Chunks
Milk

12

Fresh Oatmeal
Greek Yogurt
Hard Boiled Egg
Fresh Fruit
Craisins • Mix Berries
Milk

13

WG Waffle
Hard Boiled Egg
String Cheese
Grapes
Fresh Fruit • Milk

14

Turkey & Cheese on
Wheat Sub • Sunchips
Potato Wedges
Black Bean Salad
Salad Bar Offerings
Fresh Grapes
Fresh Fruit • Milk

Chicken & Waffles
Cheesy Spinach
Fresh Veggies
Salad Bar Offerings
Watermelon
Milk
Brownie treat

BBQ pork sliders (2)
Savory Broccoli
Celery Sticks
Rice Pilaf
Salad Bar Offerings
Pineapple tidbits
Fresh Fruit • Milk

Taco Pie w/ ww tortillas
Red Peppers
Salad Bar Offerings
Diced Pears
Fresh Fruit
Milk

17

WGrain Cereal Bar
Greek Yogurt Parfait
Hard Boiled Egg
Fresh Juice • Fresh Fruit
Tropical Fruit Mix • Milk

18

WG French Toast
String Cheese
Hard Boiled Egg
Apple Smiles
Fresh Fruit
Milk

19

Assorted Cereals
Fresh Oatmeal
Hard Boiled Egg
Fresh Fruit
Craisins/Mango
Milk

20



21

Roast Pork w/ Gravy
Black beans
Dinner Roll
Plantains
Local Green Salad
Fresh Fruit Cup
Milk

Tomato Soup
Grilled Cheese On WG
Broccoli
Salad Bar Offerings
Fresh Fruit
Melon wedges
Milk

Roast Turkey • Wild Rice
Cranberry Relish
Mashed Potatoes
Corn Bread
Strawberries
Treat • Milk

24

25

26

Happy Holidays!

31

1

2

Classes Resume January 3rd & 4th

WINTER BREAK

December 21, 2018 - January 2, 2019

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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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