

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		Assorted Cereals Turkey Ham Hash Casserole • WW Toast Grapes • Fresh Fruit Milk		Darlington Bar Greek Yogurt Parfait Hard Boiled Egg Fresh Fruit Cranberries • Mix Berries Milk		French Toast Turkey Ham Hard Boiled Egg Chilled Fruit Cocktail Fresh Fruit Milk		Assorted Cereals Egg & Cheese Biscuit Sandwich Hard Boiled Egg Fresh Juice Fresh Fruit • Milk	
Grilled Chicken Sliders WG Pretzel Bun Ranchero Beans Cucumber Sticks Salad Bar Offerings Pineapple Tidbits		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	
Assorted Cereal Cereal Bar String Cheese Hard Boiled Egg Banana Fresh Fruit Milk		Omelet Whole Wheat toast Hard Boiled Egg Fresh Fruit Tropical Fruit Cup Milk		Assorted Cereals Cinnamon Roll Fresh Oatmeal Fresh Fruit Watermelon Chunks Milk		Fresh Oatmeal Greek Yogurt Hard Boiled Egg Fresh Fruit Craisins • Mix Berries Milk		WG Waffle Hard Boiled Egg String Cheese Grapes Fresh Fruit • Milk	
Chili con carne Baked Potato Corn Bread Orange Wedges Fresh Fruit Salad Bar Offerings Milk		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	
Assorted Cereals Breakfast Pizza Banana Fresh Fruit Applesauce Milk		WGrain Cereal Bar Greek Yogurt Parfait Hard Boiled Egg Fresh Juice • Fresh Fruit Tropical Fruit Mix • Milk		WG French Toast String Cheese Hard Boiled Egg Apple Smiles Fresh Fruit Milk		Assorted Cereals Fresh Oatmeal Hard Boiled Egg Fresh Fruit Craisins/Mango Milk		 NO SCHOOL	
Chicken Stir Fry Oriental Brown Rice Dinner Roll Grilled Mushrooms Salad Bar Offerings Mandarin Oranges Fresh Fruit Milk		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		27		28	
<h1>Happy Holidays!</h1>									
31		1		2		Classes Resume January 3rd & 4th			
<h2>WINTER BREAK</h2> <h3>December 21, 2018 - January 2, 2019</h3>									
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