

FEBRUARY 2019

ICS BREAKFAST & LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Cereals Zucchini Loaf String cheese Hard Boiled Egg Chilled Pears Fresh Fruit • Milk	4 Blueberry Brk Biscuit Fruit & Yogurt Parfait Hard Boiled Egg Banana Fresh Fruit Milk	5 Assorted Cereals Turkey Ham Hash Casserole • WW Toast Fruit Cocktail Fresh Fruit Milk	6 Cheesy Omelet Ww Toast Hard Boiled Egg Banana Fresh Fruit Milk	7 8 NO SCHOOL Parent-Teacher Conferences
Chicken Nuggets Enchilada Beans Parmesan Breadstick Celery Sticks Salad Bar Offerings Tropical Fruit Fresh Fruit • Milk	Pork Roast w/ Gravy Buttered Noodles Garlic Knot Cucumber Sticks Mixed Berries Fresh Fruit Milk	Pizza Sticks Savory Broccoli Carrot Sticks Salad Bar offerings Diced Peaches Fresh Fruit Milk • Cookie	Baked Ziti w/ Meatsauce WW Garlic Toast Sautéed Mushrooms Mango Fresh Fruit Salad Bar Offerings Milk	
Cereal Bar Greek Yogurt Granola Hard Boiled Egg Fresh Fruit Orange Smiles Milk	11 Assorted Cereals Turkey Ham Hash Casserole WW Toast Mango Fresh Fruit • Milk	12 Fresh Oatmeal Greek Yogurt Hard Boiled Egg Fresh Fruit Craisins Mixed Berries • Milk	13 Assorted Cereals Whole Wheat Bagel Hard Boiled Egg Applesauce Fresh Fruit Milk	14 Waffles String Cheese Hard Boiled Egg Fresh Kiwi Fresh Fruit Milk
Turkey Chilli Bread Bowl Roasted Red Potatoes Orange Wedges Fresh Fruit Local Green Salad Milk	Turkey & Cheese on Wheat Sub Broccoli • Sun Chips Grilled Asparagus Salad Bar Offerings Fresh Grapes Fresh Fruit • Milk	Beefy Nachos Refried Black Beans Red Peppers Mandarin oranges Fresh Fruit • WG Churro Local Green Salad Milk	Grilled Chicken sliders WG Buns Sweet Potato Fries Green Beans Salad Bar Offerings Pineapple Tidbits Fresh Fruit • Milk	Chicken Chik Stew Fresh Bread Cheesy Cauliflower Celery Sticks Strawberries • Fresh Fruit Local Green Salad Milk
18 NO SCHOOL	Assorted Cereals Breakfast Pizza Banana Fresh Fruit Hard Boiled Egg • Milk	19 Pancakes String Cheese Hard Boiled Egg Fresh Fruit Diced Peaches Milk	20 Blueberry Brk Biscuit Fruit & Yogurt Parfait Hard Boiled Egg Tropical Fruit Cup Fresh Fruit Milk	21 Omelet OR Hard Boiled egg WW Toast Fresh Fruit Milk
	BBQ pork slider Savory Rice Cheesy Collard Greens Pineapple tidbits Fresh Fruit Local Green Salad Milk	Chicken Tortilla Soup Corn Tortillas Cheesy Broccoli Tomatoes and Carrots Fresh Fruit Cup Local Green Salad Treat • Milk	PizzaBurger on WW Bun Buttered Noodles Cucumber • Fresh Fruit Strawberries Local Green Salad Milk	Grilled Ham & Cheese Enchilada Lentils Local Green Salad Fresh Fruit Melon wedges Milk
Assorted Cereals Zucchini Loaf String cheese Hard Boiled Egg Chilled Pears Fresh Fruit • Milk	25 Whole Grain French Toast Hard Boiled Egg Banana Fresh Fruit • Milk	26 Assorted Cereals Turkey Ham Hash Casserole WW Toast Grapes Fresh Fruit • Milk	27 Cheesy Omelet WG Croissant Hard Boiled Egg Banana Fresh Fruit Milk	28 Blueberry Brk Biscuit Fruit & Yogurt Parfait Hard Boiled Egg Tropical Fruit Cup Fresh Fruit • Milk
Spaghetti w/ Meat sauce Garlic Toast Sautéed Mushrooms Local Green Salad Lemony Jicama Sticks Mandarin Oranges Milk	Orange Chicken Delight Oriental Rice Celery Sticks w/ Hummus Local Green Salad Chilled Pears Milk	Cheese Pizza Salad Bar Offerings Creamy Spinach Mix berries Fresh fruit Milk Fruit Slushy	Taco Pie Pierre Breadstick Red Peppers Salad Bar Offerings Fresh Oranges Fresh Fruit Milk	Buffalo Chicken & Waffles (2) Garden Tomatoes Roasted Purple Potatoes Local Green Salad Watermelon • 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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