

FEBRUARY 2019

ICS BREAKFAST & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Assorted Cereals Zucchini Loaf String cheese Hard Boiled Egg Chilled Pears Fresh Fruit • Milk Chicken Nuggets Enchilada Beans Parmesan Breadstick Celery Sticks Salad Bar Offerings Tropical Fruit Fresh Fruit • Milk	5 Blueberry Brk Biscuit Fruit & Yogurt Parfait Hard Boiled Egg Banana Fresh Fruit Milk Pork Roast w/ Gravy Buttered Noodles Garlic Knot Cucumber Sticks Mixed Berries Fresh Fruit Milk	6 Assorted Cereals Turkey Ham Hash Casserole • WW Toast Fruit Cocktail Fresh Fruit Milk Pizza Sticks Savory Broccoli Carrot Sticks Salad Bar offerings Diced Peaches Fresh Fruit Milk • Cookie	7 Cheesy Omelet WW Toast Hard Boiled Egg Banana Fresh Fruit Milk Baked Ziti w/ Meatsauce WW Garlic Toast Sautéed Mushrooms Mango Fresh Fruit Salad Bar Offerings Milk	8 NO SCHOOL Parent-Teacher Conferences
11 Cereal Bar Greek Yogurt Granola Hard Boiled Egg Fresh Fruit Orange Smiles Milk Turkey Chilli Bread Bowl Roasted Red Potatoes Orange Wedges Fresh Fruit Local Green Salad Milk	12 Assorted Cereals Turkey Ham Hash Casserole WW Toast Mango Fresh Fruit • Milk Turkey & Cheese on Wheat Sub Broccoli • Sun Chips Grilled Asparagus Salad Bar Offerings Fresh Grapes Fresh Fruit • Milk	13 Fresh Oatmeal Greek Yogurt Hard Boiled Egg Fresh Fruit Craisins Mixed Berries • Milk Beefy Nachos Refried Black Beans Red Peppers Mandarin oranges Fresh Fruit • WG Churro Local Green Salad Milk	14 Assorted Cereals Whole Wheat Bagel Hard Boiled Egg Applesauce Fresh Fruit Milk Grilled Chicken sliders WG Buns Sweet Potato Fries Green Beans Salad Bar Offerings Pineapple Tidbits Fresh Fruit • Milk	15 Waffles String Cheese Hard Boiled Egg Fresh Kiwi Fresh Fruit Milk Chicken Chik Stew Fresh Bread Cheesy Cauliflower Celery Sticks Strawberries • Fresh Fruit Local Green Salad Milk
18 NO SCHOOL	19 Assorted Cereals Breakfast Pizza Banana Fresh Fruit Hard Boiled Egg • Milk BBQ pork slider Savory Rice Cheesy Collard Greens Pineapple tidbits Fresh Fruit Local Green Salad Milk	20 Pancakes String Cheese Hard Boiled Egg Fresh Fruit Diced Peaches Milk Chicken Tortilla Soup Corn Tortillas Cheesy Broccoli Tomatoes and Carrots Fresh Fruit Cup Local Green Salad Treat • Milk	21 Blueberry Brk Biscuit Fruit & Yogurt Parfait Hard Boiled Egg Tropical Fruit Cup Fresh Fruit Milk PizzaBurger on WW Bun Buttered Noodles Cucumber • Fresh Fruit Strawberries Local Green Salad Milk	22 Omelet OR Hard Boiled egg WW Toast Fresh Fruit Milk Grilled Ham & Cheese Enchilada Lentils Local Green Salad Fresh Fruit Melon wedges Milk
25 Assorted Cereals Zucchini Loaf String cheese Hard Boiled Egg Chilled Pears Fresh Fruit • Milk Spaghetti w/ Meat sauce Garlic Toast Sautéed Mushrooms Local Green Salad Lemony Jicama Sticks Mandarin Oranges Milk	26 Whole Grain French Toast Hard Boiled Egg Banana Fresh Fruit • Milk Orange Chicken Delight Oriental Rice Celery Sticks w/ Hummus Local Green Salad Chilled Pears Milk	27 Assorted Cereals Turkey Ham Hash Casserole WW Toast Grapes Fresh Fruit • Milk Cheese Pizza Salad Bar Offerings Creamy Spinach Mix berries Fresh fruit Milk Fruit Slushy	28 Cheesy Omelet WG Croissant Hard Boiled Egg Banana Fresh Fruit Milk Taco Pie Pierre Breadstick Red Peppers Salad Bar Offerings Fresh Oranges Fresh Fruit Milk	1 Blueberry Brk Biscuit Fruit & Yogurt Parfait Hard Boiled Egg Tropical Fruit Cup Fresh Fruit • Milk Buffalo Chicken & Waffles (2) Garden Tomatoes Roasted Purple Potatoes Local Green Salad Watermelon • Milk