

# ILHS Cycle Menu – Week 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>B R E A K F A S T</b>	<b>Donuts</b> 1oz Asst. Cereal Hard Boiled Egg Apple, Banana, or Kiwi Choice of Juice Choice of Milk	<b>WG Cinnamon Roll or Donut</b> 1oz Asst. Cereal WG Bagel w/crcheese 4 oz Yogurt Choice Hard Boiled Egg Fresh Fruit Choice of Juice Choice of Milk	<b>Scrambled Eggs (Egg Burrito)</b> <b>w/Cheese &amp; Salsa</b> 1oz Asst. Cereal WG Bagel w/cr cheese 4 oz Yogurt Choice Hard Boiled Egg Fresh Fruit Choice of Juice Choice of Milk	<b>WG Breakfast Egg &amp; Sausage Pizza</b> 1oz Asst. Cereal WG Bagel w/crcheese 4 oz Yogurt Choice Hard Boiled Egg Fresh Fruit Choice of Juice Choice of Milk	<b>WG Pancakes or Pancake Sausage Wrap</b> 1oz Asst. Cereal WG Bagel w/crcheese 4 oz Yogurt Choice Hard Boiled Egg Fresh Fruit Choice of Juice Choice of Milk	<b>WG Build Your Own Breakfast Sandwich Sausage/Egg/Cheese</b> 1oz Asst. Cereal WG Bagel w/crchees 4 oz Yogurt Choice Fresh Fruit Choice of Juice Choice of Milk	<b>BRUNCH</b> <b>French Toast Bake</b> <b>Sausage Links &amp; Scrambled Eggs</b> <b>Tri-Tators</b> <b>Streusel Dessert Pizza</b> Cereal, Fresh Fruit Choice of Juice Choice of Milk
<b>B O T G</b>	<b>**N/A</b>	<b>**WG Cinnamon Roll or Donut</b>	<b>**WG Mini Choc Chip Pancakes</b>	<b>**WG Breakfast Egg &amp; Sausage Pizza</b>	<b>**WG French Toast Sticks</b>	<b>**WG Sausage/Egg/ Cheese Biscuit</b>	<b>**NA</b>
<b>L U N C H</b>	<b>Baked Chicken OR Ham OR Beef Pot Roast Potatoes</b> <b>Mixed Veggies</b> Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	<b>WG Teriyaki Chicken &amp; Rice Broccoli</b>  Potato Salad, Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	<b>WG Lasagna</b> <b>WG Garlic Toast</b> <b>BYO Side Salad</b>  Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip  Choice of Milk	<b>Turkey Gravy over Mashed Potatoes</b> <b>Green Beans</b> <b>OR Soup &amp; Sandwich (BYO)</b> Cottage Cheese, Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	<b>WG Chicken Patty on a WG Bun</b> <b>French Fries</b> Potato Salad, Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip  Choice of Milk	<b>Chicken Penne Italiano</b> <b>w/WG breadstick</b> <b>BYO Salad</b> Cottage Cheese, Fresh &/or Can Fruit Fresh Veggies & Dip  Choice of Milk	
<b>S U P P E R</b>	<b>Grilled Cheese Sandwich &amp; Tomato Soup</b> Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>Walking Tacos</b>  Cottage Cheese Fresh &/or Canned Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>Breakfast f/Supper Pancakes, Sausage, Tri-Tators</b> Potato Salad Fresh &/or Canned Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>Pulled Pork Sandwich</b> <b>Scalloped Potatoes</b> Fresh &/or Canned Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>Shrimp Poppers w/ Mac &amp; Cheese</b>  Potato Salad Fresh &/or Cand Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>Leftovers</b> Fresh &/or Canned Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>Homemade Pizza</b> Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice  Choice of Milk

**\*\*Breakfast on the Go:** Offered on School Days

Can select up to 4 items total (1 must be fruit item). One different hot entree daily noted above. Other available items to choose from include:

**PROTEIN(Grains)**

Benefit Bar  
Breakfast Cookie  
Granola Bar  
Poptart  
Scooby Snacks  
Rice Krispie Bar

**FRUIT**

Apple Juice  
Orange Juice  
Apple/Orange  
Banana  
Applesauce  
Fruit Leather

**DAIRY**

Gogurt  
Cheese Stick

**Juice Choices:**

Apple  
Orange  
Grape

**Milk Choices:**

1% White  
Skim White  
Skim Chocolate

**Key:**

**WG** = Whole Grain  
**BYO** = Build Your Own  
**BOTG** = Breakfast on the Go

**MEAL TIMES:**

Breakfast (M-F) 6:30am (Sun)7:30am  
Brunch (Sat only) 10:30am  
Lunch (S-F) 11:50am  
Supper (S-F) 5:45pm (Sat) 4:30pm  
Early supper = 4:45pm (home game days/church)

This institution is an equal opportunity provider.