

ILHS Cycle Menu – Week 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Donuts 1oz Asst. Cereal Hard Boiled Egg Apple, Banana, or Kiwi Choice of Juice Choice of Milk	WG Cinnamon Roll or Donut 1oz Asst. Cereal WG Bagel w/crcheese 4 oz Yogurt Choice Hard Boiled Egg Fresh Fruit Choice of Juice Choice of Milk	Scrambled Eggs (Egg Burrito) w/Cheese & Salsa 1oz Asst. Cereal WG Bagel w/crcheese 4 oz Yogurt Choice Hard Boiled Egg Fresh Fruit Choice of Juice Choice of Milk	WG Breakfast Egg & Sausage Pizza 1oz Asst. Cereal WG Bagel w/cr chees 4 oz Yogurt Choice Hard Boiled Egg Fresh Fruit Choice of Juice Choice of Milk	WG Pancakes or Pancake Sausage Wrap 1oz Asst. Cereal WG Bagel w/crcheese 4 oz Yogurt Choice Hard Boiled Egg Fresh Fruit Choice of Juice Choice of Milk	WG Build Your Own Breakfast Sandwich Sausage/Egg/Cheese 1oz Asst. Cereal WG Bagel w/cr cheese 4 oz Yogurt Choice Fresh Fruit Choice of Juice Choice of Milk	BRUNCH Scambled Eggs & Bacon, Tri-Tators, Waffles w/fruit, syrup Cinnamon Rolls Cereal, Fresh Fruit Choice of Juice Choice of Milk
B O T G	**N/A	**WG Cinnamon Roll or Donut	**WG Mini Choc Chip Pancakes	**WG Breakfast Egg & Sausage Pizza	**WG French Toast Sticks	**WG Sausage/Egg/ Cheese Biscuit	**NA
L U N C H	Chicken Stir Fry Rice, Egg Rolls Stir Fry Veggies Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	WG Country Fried Steak, Corn, Mashed Potatoes & Country Gravy, WG Biscuit Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	Italian Meatball Sub on WG Hoagie BYO Side Salad Steamed Carrots Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	WG Zesty Orange Chicken w/Rice, Green Beans Fortune Cookie Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	Chili (beef/chicken) WG Cornbread BYO Side Salad OR Hot Ham & Swiss w/Cheesy Potatoes Cottage Cheese Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	Beef Stroganoff w/ WG Rotini Pasta & Corn BYO Side Salad Cottage Cheese, Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	
S U P P E R	Chicken Nuggets Potato Smiles Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	Cheese Tortellini & Garlic Breadstick Steamed Broccoli Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	Taco Tuesday Tator Tots Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	(BYO)Sausage & Egg McMuffin Sandwich w/Tri-tator Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	Beef Burritos Refried Beans Churro Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	Corn Dogs w/ French Fries Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	Leftovers BYO Salad 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 entre 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.