

# ILHS Cycle Menu – Week 1

	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 Bagelw/cr cheese 4 oz Yogurt Choice Hard Boiled Egg Fresh Fruit Choice of Juice Choice of Milk	<b>Scrambled Eggs (Egg Burrito) w/Cheese &amp; Salsa</b> 1oz Asst. Cereal WG Bagelw/cr cheese 4 oz Yogurt Choice Fresh Fruit Choice of Juice Choice of Milk	<b>WG Breakfast Egg &amp; Saus/Bacon Pizza</b> 1oz Asst. Cereal WG Bagelw/cr cheese 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/cr cheese 4 oz Yogurt Choice Hard Boiled Egg Fresh Fruit Choice of Juice Choice of Milk	<b>WG BYO Breakfast Sandwich Sausage/Egg/Cheese</b> 1oz Asst. Cereal WG Bagel w/cr cheese 4 oz Yogurt Choice Fresh Fruit Choice of Juice Choice of Milk	<b>BRUNCH</b> Denver Egg Casserole Cinnamon Rolls Waffles, Tri-tators, Sausage Links  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>Chicken Alfredo Corn</b> Fresh &/or Can Fruit Fresh Veggies & Dip  Choice of Milk	<b>WG Baked Ziti w/Meatballs WG Breadstick BYO Side Salad</b> Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip  Choice of Milk	<b>WG PopcornChicken Mashed Potatoes &amp; Gravy, Green Beans WG Dinner Roll</b> Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip  Choice of Milk	<b>Cajun WG Pasta w/ Shrimp or Chicken Peas BYO Side Salad</b> Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	<b>French Bread Pizza BYO Salad Steamed Broccoli</b> Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	<b>Swedish Meatballs WG Rotini Pasta Mixed Veggies</b> Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip  Choice of Milk	
<b>S U P P E R</b>	<b>Chicken Nuggets French Fries Cooked Carrots</b> Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert–Cooks Choice Choice of Milk	<b>Enchiladas Churro</b> Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>BLT Sandwich Chips</b> Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice  Choice of Milk	<b>Italian Hotdish Garlic Toast BYO Side Salad</b> Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice  Choice of Milk	<b>Chicken Patty on Bun French Fries</b> Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice  Choice of Milk	<b>Sloppy Joes Au gratin Potatoes</b> Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice  Choice of Milk	<b>Leftovers</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.