

ILHS Cycle Menu – Week 4

	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/cr cheese 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/cr cheese 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/crchees 4 oz Yogurt Choice Fresh Fruit Choice of Juice Choice of Milk	BRUNCH Scrambled Eggs, Pancakes, Tri-tators, Sausage Links Streusel Desert Pizza 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	Spaghetti & Meatballs Garlic Toast BYO Side Salad Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	Chicken Cordon Bleu Baked Potato Bar California Veggies Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	WG Spaghetti Pizza WG Garlic Toast BYO Side Salad Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	BBQ Meatballs Roasted Red Potatoes Mixed Veggies Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	French Dip AuJus on WG Hoagie Garlic Mash Potatoes Steamed Carrots Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	Taco Salad Build Your Own Refried Beans Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	
S U P P E R	Hot Dogs on a Bun Chips Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	Personal Pan Pizza BYO Side Salad Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	Ham or Turkey Sub Sandwich (BYO) Chips/Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	Hamburger on Bun w/Potato Wedges Baked Beans Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	Tator Tot Hotdish Garlic Breadstick Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	Leftovers Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	(mini) Corn Dogs French Fries 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)