

# ILHS Cycle Menu – Week 3

	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) w/Cheese &amp; Salsa</b>  1oz Asst. Cereal WG Bagel w/crcheese 4 oz Yogurt Choice Fresh Fruit Choice of Juice Choice of Milk	<b>WG Breakfast Egg &amp; Sausage Pizza</b>  1oz Asst. Cereal WG Bagel w/cr chees 4 oz Yogurt Choice Hard Boiled Egg Fresh Fruit Choice of Juice Choice of Milk	<b>WG Pancakes or French Toast Sticks</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/cr cheese 4 oz Yogurt Choice Fresh Fruit Choice of Juice Choice of Milk	<b>BRUNCH</b> <b>Scambled Eggs &amp; Bacon, Tri-Tators, Waffles w/fruit, syrup</b> <b>Cinnamon Rolls</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>Spaghetti &amp; Meatballs</b> <b>Garlic Toast</b> <b>Side Salad (BYO)</b>  Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	<b>WG Country Fried Steak, Corn, Mashed Potatoes &amp; Country Gravy, WG Biscuit</b>  Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	<b>Orange Chicken w/Rice</b> <b>Green Beans</b> <b>Fortune Cookie</b>  Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	<b>Italian Meatball Sub on WG Hoagie</b> <b>BYO Side Salad</b> <b>Steamed Carrots</b>  Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	<b>Chili (red or white) w/ cornbread</b> <b>BYO Side Salad</b>  Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip  Choice of Milk	<b>Beef Stroganoff w/ WG Rotini Pasta &amp; Corn</b> <b>BYO Side Salad</b>  Cottage Cheese, Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	
<b>S U P P E R</b>	<b>Chicken Nuggets</b> <b>Potato Smiles</b>  Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>Cheese Tortellini &amp; Garlic Breadstick</b> <b>Steamed Broccoli</b>  Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>Burrito Bowls (BYO)</b> <b>Churro</b>  Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>(BYO)Sausage , Egg, &amp; Cheese McMuffin Sandwich w/Tri-tator</b>  Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>Sub Sandwich (BYO) (Ham /Turkey)</b> <b>Chips, Potato Salad</b>  Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>Corn Dogs w/ French Fries</b>  Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>Leftovers</b> <b>BYO Salad</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 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.

