

ILHS Cycle Menu – Week 1

	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 Muffin/Frudel 1oz Asst. Cereal WG Bagelw/cr cheese 4 oz Yogurt Hard Boiled Egg Fresh Fruit Choice of Juice Choice of Milk	Scrambled Eggs (Egg Burrito) w/Cheese & Salsa 1oz Asst. Cereal WG Bagelw/cr cheese 4 oz Yogurt Fresh Fruit Choice of Juice Choice of Milk	WG Breakfast Egg & Saus/Bacon Pizza 1oz Asst. Cereal WG Bagelw/cr cheese 4 oz Yogurt Hard Boiled Egg Fresh Fruit Choice of Juice Choice of Milk	WG Pancakes or French Toast Sticks 1oz Asst. Cereal WG Bagel w/cr cheese 4 oz Yogurt Hard Boiled Egg Fresh Fruit Choice of Juice Choice of Milk	WG BYO Breakfast Sandwich Sausage/Egg/Cheese 1oz Asst. Cereal WG Bagel w/cr cheese 4 oz Yogurt Fresh Fruit Choice of Juice Choice of Milk	BRUNCH Denver Egg Casserole Cinnamon Rolls Waffles, Tri-tators, Sausage Links Cereal, Fresh Fruit Choice of Juice Choice of Milk
B O T G	**N/A	**WG Muffin or Frudel	**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 Alfredo Corn Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	Teriyaki Chicken w/WG Rice & Broccoli BYO Side Salad Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	Beef Stroganoff w/WG Rotini & Corn BYO Side Salad Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	French Dip on WG Hoagie w/Aujus Garlic Mash Potatoes Carrots Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	WG French Bread Pizza Broccoli BYO Side Salad Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	Taco Salad (BYO) (shlett,salsa,chz, chips, guac,bkolv) Refried Beans Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	
S U P P E R	Chicken Nuggets French Fries Cooked Carrots Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert–Cooks Choice Choice of Milk	Chicken Quesadilla Churro Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	Breakfast f/Dinner (Pancakes/Sausage Tri-tators) Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	TatorTot Hotdish Garlic Breadstick Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	Hamburgers French Fries Baked Beans Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	Corn Dogs Scalloped Potatoes Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	Leftovers 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/Granola Bar
Breakfast Cookie
Beef Stick
Poptart
Scooby Snacks
Rice Krispie Bar

FRUIT

Apple Juice
Orange Juice
Apple/Orange
Banana
Applesauce

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.