

ILHS Cycle Menu – Week 2

	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 Bagel w/crcheese 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 Bagel w/cr cheese 4 oz Yogurt Fresh Fruit Choice of Juice Choice of Milk	WG Breakfast Egg & Sausage Pizza 1oz Asst. Cereal WG Bagel w/crcheese 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/crcheese 4 oz Yogurt 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 Fresh Fruit Choice of Juice Choice of Milk	BRUNCH French Toast Bake Sausage Links & Scrambled Eggs Tri-Tators Streusel Dessert Pizza 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	Baked Ham OR Beef Pot Roast Potatoes Corn Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	Country Fried Steak Mash Potatoes w/country gravy Green Beans WG Biscuit Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	WG Baked Ziti w/Meatballs WG Garlic Toast BYO Side Salad Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	Tukey Bacon Melt on WG Bread w/Sweet Potato Fries Cali Veggies Cottage Cheese, Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	WG Orange Chicken w/WG Rice Mixed Veggies BYO Side Salad Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	WG Chicken Penne Italiano w/ WG Garlic Breadstick BYO Side Salad Cottage Cheese, Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	
S U P P E R	Grilled Cheese Sandwich & Tomato Soup Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	Walking Tacos w/all the fixins' Cottage Cheese Fresh &/or Canned Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	Sloppy Joes French Fries Potato Salad Fresh &/or Canned Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	Chicken Broc Rice Casserole Breadstick (BYO) Salad Fresh &/or Canned Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	McRib Sandwich Au Gratin Potatoes Green Beans/Coleslaw Fresh &/or Cand Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	Leftovers Fresh &/or Canned Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	Homemade Pizza 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.