

ILHS Cycle Menu – Week 3

	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/crcheese 4 oz Yogurt Fresh Fruit Choice of Juice Choice of Milk	WG Breakfast Egg & Sausage Pizza 1oz Asst. Cereal WG Bagel w/cr chees 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/cr cheese 4 oz Yogurt Fresh Fruit Choice of Juice Choice of Milk	BRUNCH Scambled Eggs & Bacon, Tri-Tators, Waffles w/fruit, syrup Cinnamon Rolls 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	Spaghetti & Meatballs Garlic Toast Side Salad (BYO) Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	WG Popcorn Chicken Mash Potatoes&Gravy Green Beans Dinner Roll Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	BBQ Meatballs Baby Red Potatoes Mixed Veggies WG Dinner Roll Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	WG Lemon Chicken w/WG Wild Rice Black Beans/Corn BYO Side Salad Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	WG Stuff Crust Pizza Broccoli BYO Side Salad Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	WG Hot Ham & Swiss Cheesy Potatoes Cali Veggies Cottage Cheese, Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	
S U P P E R	Chicken Drumsticks Potato Smiles Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	Cheese Tortellini & Garlic Breadstick Steamed Broccoli Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	(BYO)Sausage,Egg, & Cheese McMuffin w/Tri-tators Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	Italian Hotdish Garlic Bread (BYO) Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	(BYO) Burrito Bowls (Ckn/beef) rice,beans queso,corn salsa,lett Churro Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	Shrimp Poppers Mac & Cheese 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 entre 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.

