

# ILHS Cycle Menu – Week 4

|  | SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  |
|--|--|--|---|--|---|---|---|
| <b>B<br/>R<br/>E<br/>A<br/>K<br/>F<br/>A<br/>S<br/>T</b> | <b>Donuts</b><br>1oz Asst. Cereal<br>Hard Boiled Egg<br>Apple, Banana, or Kiwi<br>Choice of Juice<br>Choice of Milk                                    | <b>WG Muffin/Frudel</b><br>1oz Asst. Cereal<br>WG Bagel w/crcheese<br>4 oz Yogurt<br>Hard Boiled Egg<br>Fresh Fruit<br>Choice of Juice<br>Choice of Milk               | <b>Scrambled Eggs (Egg Burrito) w/Cheese &amp; Salsa</b><br>1oz Asst. Cereal<br>WG Bagel w/cr cheese<br>4 oz Yogurt<br>Fresh Fruit<br>Choice of Juice<br>Choice of Milk | <b>WG Breakfast Egg &amp; Sausage Pizza</b><br>1oz Asst. Cereal<br>WG Bagel w/cr chees<br>4 oz Yogurt<br>Hard Boiled Egg<br>Fresh Fruit<br>Choice of Juice<br>Choice of Milk | <b>WG Pancakes or French Toast Sticks</b><br>1oz Asst. Cereal<br>WG Bagel w/cr cheese<br>4 oz Yogurt<br>Hard Boiled Egg<br>Fresh Fruit<br>Choice of Juice<br>Choice of Milk | <b>WG Build Your Own Breakfast Sandwich Sausage/Egg/Cheese</b><br>1oz Asst. Cereal<br>WG Bagel w/crchees<br>4 oz Yogurt<br>Fresh Fruit<br>Choice of Juice<br>Choice of Milk | <b>BRUNCH</b><br><b>Scrambled Eggs, Pancakes, Tri-tators, Sausage Links</b><br><b>Streusel Desert Pizza</b><br>Cereal, Fresh Fruit<br>Choice of Juice<br>Choice of Milk |
| <b>B<br/>O<br/>T<br/>G</b>                               | <b>**N/A</b>   | <b>**WG Muffin or Frudel</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<br/>U<br/>N<br/>C<br/>H</b>                         | <b>Chicken Stir Fry Stir Fry Veggies Egg Roll</b><br>Fresh &/or Can Fruit<br>Fresh Veggies & Dip<br>Choice of Milk                                     | <b>Chicken Cordon Bleu Baked Potato Bar Cali Veggies</b><br>Cottage Cheese<br>Fresh &/or Can Fruit<br>Fresh Veggies & Dip<br>Choice of Milk                            | <b>WG Lasagna WG Garlic Bread BYO Side Salad</b><br>Cottage Cheese<br>Fresh &/or Can Fruit<br>Fresh Veggies & Dip<br>Choice of Milk                                     | <b>WG Cajun Pasta w/Shrimp or Chicken Peas BYO Side Salad</b><br>Cottage Cheese<br>Fresh &/or Can Fruit<br>Fresh Veggies & Dip<br>Choice of Milk                             | <b>WG Chicken Patties on WG Bun French Fries</b><br>Cottage Cheese<br>Fresh &/or Can Fruit<br>Fresh Veggies & Dip<br>Choice of Milk   | <b>Soup &amp; Sandwich OR Turkey Gravy over Mash Potatoes w/gr beans &amp; WG Roll</b><br>Cottage Cheese<br>Fresh &/or Can Fruit<br>Fresh Veggies & Dip<br>Choice of Milk   |   |
| <b>S<br/>U<br/>P<br/>P<br/>E<br/>R</b>                   | <b>Hot Dogs on a Bun Mac 'n Cheese Peas</b><br>Potato Salad<br>Fresh &/or Can Fruit<br>Fresh Veggies & Dip<br>Dessert – Cooks Choice<br>Choice of Milk | <b>Pulled Pork Sandwich Augratin Potatoes Coleslaw/Corn</b><br>Potato Salad<br>Fresh &/or Can Fruit<br>Fresh Veggies & Dip<br>Dessert – Cooks Choice<br>Choice of Milk | <b>Taco Tuesday Rice</b><br>Fresh &/or Can Fruit<br>Fresh Veggies & Dip<br>Dessert – Cooks Choice<br>Choice of Milk   | <b>BLT Sandwich Chips</b><br>Fresh &/or Can Fruit<br>Fresh Veggies & Dip<br>Dessert – Cooks Choice<br>Choice of Milk   | <b>Personal Pan Pizza Steamed Broccoli</b><br>Potato Salad<br>Fresh &/or Can Fruit<br>Fresh Veggies & Dip<br>Dessert – Cooks Choice<br>Choice of Milk                       | <b>Leftovers</b><br>Potato Salad<br>Fresh &/or Can Fruit<br>Fresh Veggies & Dip<br>Dessert – Cooks Choice<br>Choice of Milk   | <b>(mini) Corn Dogs French Fries</b><br>Fresh &/or Can Fruit<br>Fresh Veggies & Dip<br>Dessert – Cooks Choice<br>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.

