

# ILHS Cycle Menu – Week 1

	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 Muffin/Frudel</b> 1oz Asst. Cereal WG Bagelw/cr cheese 4 oz Yogurt 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 Bagelw/cr cheese 4 oz Yogurt Fresh Fruit Choice of Juice Choice of Milk	<b>WG Breakfast Egg &amp; Saus/Bacon Pizza</b> 1oz Asst. Cereal WG Bagelw/cr cheese 4 oz Yogurt 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/cr cheese 4 oz Yogurt Hard Boiled Egg Fresh Fruit Choice of Juice Choice of Milk	<b>WG BYO Breakfast Sandwich Sausage/Egg/Cheese</b> 1oz Asst. Cereal WG Bagel w/cr cheese 4 oz Yogurt Fresh Fruit Choice of Juice Choice of Milk	<b>BRUNCH</b> Denver Egg Casserole Cinnamon Rolls Waffles, Tri-tators, Sausage Links Cereal, Fresh Fruit Choice of Juice Choice of Milk
<b>B O T G</b>	**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
<b>L U N C H</b>	<b>Spaghetti &amp; Meatballs Garlic Bread (BYO) Side Salad</b> Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	<b>Teriyaki Chicken w/WG Rice &amp; Broccoli BYO Side Salad</b> Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	<b>Beef Stroganoff w/WG Rotini &amp; Corn BYO Side Salad</b> Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	<b>French Dip on WG Hoagie w/Aujus Garlic Mash Potatoes Carrots</b> Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	<b>WG French Bread Pizza Broccoli BYO Side Salad</b> Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	<b>Taco Salad (BYO) (shlett,salsa,chz, chips, guac,bkolv) Refried Beans</b> Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	
<b>S U P P E R</b>	<b>Hot Dogs w/Mac 'n Cheese Peas</b> Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert–Cooks Choice Choice of Milk	<b>Chicken Quesadilla Churro</b> Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>Breakfast f/Dinner (Pancakes/Sausage Tri-tators)</b> Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>Garlic Parmesan Chicken Pasta</b> Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>BLT Sandwich Chips</b> Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>Hamburgers w/ French Fries, Baked Beans</b> Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>Leftovers</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 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.