

# ILHS Cycle Menu – Week 4

	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 Bagel w/crcheese 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 Bagel w/cr cheese 4 oz Yogurt Fresh Fruit Choice of Juice Choice of Milk	<b>WG Breakfast Egg &amp; Sausage Pizza</b> 1oz Asst. Cereal WG Bagel w/cr chees 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 Build Your Own Breakfast Sandwich Sausage/Egg/Cheese</b> 1oz Asst. Cereal WG Bagel w/crchees 4 oz Yogurt Fresh Fruit Choice of Juice Choice of Milk	<b>BRUNCH</b> <b>Scrambled Eggs, Pancakes, Tri-tators, Sausage Links</b> <b>Streusel Desert Pizza</b> Cereal, Fresh Fruit Choice of Juice Choice of Milk
<b>B O T 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 U N C H</b>	<b>Chicken Stir Fry Stir Fry Veggies Egg Roll</b> Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	<b>Chicken Cordon Bleu Baked Potato Bar Cali Veggies</b> Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	<b>WG Lasagna WG Garlic Bread BYO Side Salad</b> Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	<b>WG Cajun Pasta w/Shrimp or Chicken Peas BYO Side Salad</b> Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	<b>WG Chicken Patties on WG Bun French Fries</b> Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	<b>Soup &amp; Sandwich OR Turkey Gravy over Mash Potatoes w/gr beans &amp; WG Roll</b> Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	
<b>S U P P E R</b>	<b>Chicken Tenders Smiles/Fries Potato Salad</b> Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>Pulled Pork Sandwich Augratin Potatoes Coleslaw/Corn</b> Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>Taco Tuesday Rice</b> Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>Big Mac Casserole Breadstick</b> Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>Personal Pan Pizza Steamed Broccoli</b> Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>Leftovers</b> Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice Choice of Milk	<b>(mini) Corn Dogs French Fries</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.

