

# ILHS Cycle Menu – Week 3

	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 Donut Protein Balls</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/crcheese 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 French Toast Sticks</b> Protein Balls 1oz Asst. Cereal WG Bagel w/crcheese 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/cr cheese 4 oz Yogurt Fresh Fruit Choice of Juice Choice of Milk	<b>BRUNCH</b> <b>Scrambled Eggs &amp; Bacon, Tri-Tators, Waffles w/fruit, syrup Cinnamon Rolls</b>  Cereal, Fresh Fruit Choice of Juice Choice of Milk
<b>B O T G</b>	<b>**N/A</b>	<b>**WG Donut</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 Alfredo Corn Side Salad (BYO)</b>  Fresh &/or Can Fruit Fresh Veggies & Dip  Choice of Milk	<b>WG Popcorn Chicken Mash Potatoes&amp;Gravy Green Beans Dinner Roll</b> Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	<b>BBQ Meatballs Baby Red Potatoes Mixed Veggies WG Dinner Roll</b>  Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	<b>WG Lemon Chicken w/WG Wild Rice Black Beans/Corn BYO Side Salad</b>  Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	<b>WG Stuff Crust Pizza Broccoli BYO Side Salad</b>  Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip  Choice of Milk	<b>WG Hot Ham &amp; Swiss Cheesy Potatoes Cali Veggies</b>  Cottage Cheese, Fresh &/or Can Fruit Fresh Veggies & Dip  Choice of Milk	
<b>S U P P E R</b>	<b>Chicken Nuggets French Fries</b>  Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice  Choice of Milk	<b>Cheese Tortellini &amp; Garlic Breadstick Steamed Broccoli</b>  Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice  Choice of Milk	<b>(BYO)Sausage,Egg, &amp; Cheese McMuffin w/Tri-tators</b>  Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice  Choice of Milk	<b>Garlic Parmesan Chicken Pasta (BYO) Salad</b>  Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice  Choice of Milk	<b>(BYO) Burrito Bowls (Ckn/beef) rice,beans queso,corn salsa,lett Churro</b> Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Dessert – Cooks Choice  Choice of Milk	<b>Italian Hotdish Garlic Bread (BYO) Salad</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 7:20am-7:25am  
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

**Milk Choices:**

1% White  
Skim Chocolate

**Key:**

WG = Whole Grain  
BYO = Build Your Own  
BOTG = Breakfast on the Go

**MEAL TIMES:**

Breakfast (M-F) 7am-7:15am (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.