

ILHS Cycle Menu – Week 4

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

****Breakfast on the Go:** Offered on School Days 7:20am-7:35am
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)