

ILHS Cycle Menu – Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	WG Donut Protein Balls Asst.Cereal/Yogurt WG Bagel w/cr cheese Hard Boiled Egg, Beef Stick Fresh Fruit Milk & Juice	Scrambled Eggs w/Chz,Saus,Tots, (BYO Egg Burrito) Asst.Cereal/Yogurt WG Bagelw/cr cheese Fresh Fruit Milk & Juice	WG Breakfast Egg & Saus/Bacon Pizza Avocado Toast Asst.Cereal/Yogurt WG Bagelw/cr cheese Hard Boiled Egg Fresh Fruit Milk & Juice	WG French Toast Stix & Sausage Links Fruit Parfait w/granola Asst.Cereal/Yogurt WG Bagel w/cr cheese Hard Boiled Egg Fresh Fruit Milk & Juice	WG BYO Breakfast Sandwich Sausage/Egg/Cheese & Hashbrown Asst.Cereal/Yogurt WG Bagel w/cr cheese Fresh Fruit Milk & Juice	BRUNCH Denver Egg Casserole Cin Rolls, Waffles, Hashbrown, Sausage Links Cereal, Fresh Fruit Milk & Juice	Donuts Asst,Cereal Apple/Banana/ Orange/Kiwi Milk & Juice
B O T G	**WG Donut Protein Balls		**WG Breakfast Egg & Sausage Pizza	**WG French Toast Sticks	**WG Sausage/Egg/ Cheese Biscuit	**NA	**NA
L U N C H	Teriyaki Chicken w/WG Rice & Broccoli BYO Side Salad Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	Beef Stroganoff w/WG Rotini & Corn BYO Side Salad Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	French Dip on WG Hoagie w/AuJus Garlic MashPotatoes Carrots Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	WG French Bread Pizza Broccoli BYO Side Salad Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	Taco Salad (BYO) (shlett,salsa,chz, chips, guac,bkolv) Refried Beans Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk		Spaghetti w/meat sauce & Garlic Bread BYO Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert Choice of Milk
S U P P E R	Chicken Quesadilla Churro Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert Choice of Milk	Cheese Tortellini w/meat sauce & Breadstick BYO Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert Choice of Milk	Chicken Pot Pie Pasta w/Biscuit (BYO) Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert Choice of Milk	Burger Bowls (BYO) w/shlet,pickles, tomatoes Fresh &/or Can Fruit Fresh Veggies & Dip Dessert Choice of Milk	McRib Sandwich w/ Augratin Potatoes, Green Beans Potato Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert Choice of Milk	Leftovers Fresh &/or Can Fruit Fresh Veggies & Dip Dessert Choice of Milk	Hot Dogs on Bun & Mac 'n Cheese Peas Fresh &/or Can Fruit Fresh Veggies & Dip Dessert 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)

This institution is an equal opportunity provider.