

ILHS Cycle Menu – Week 3

	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 Scrambled Eggs & Bacon, Hashbrown, Waffles w/fruit, syrup Cinnamon Rolls Cereal, Fresh Fruit Juice & Milk	Donuts Asst Cereal Apple/Banana/ Orange/Kiwi Juice & Milk
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	WG Popcorn Chicken Mash Potatoes&Gravy Green Beans WG Dinner Roll Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	BBQ Meatballs Baby Red Potatoes Mixed Veggies WG Dinner Roll Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	WG Lemon Chicken w/WG Wild Rice Black Beans/Corn BYO Side Salad Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	WG Stuff Crust Pizza Broccoli BYO Side Salad Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk	WG Hot Ham & Swiss Cheesy Potatoes Cali Veggies Cottage Cheese, Fresh &/or Can Fruit Fresh Veggies & Dip Choice of Milk		Chicken Alfredo w/noodles & Breadstick & Corn BYO Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert Choice of Milk
S U P P E R	Tator Tot Hotdish w/Garlic Breadstick Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Dessert Choice of Milk	(BYO)Sausage,Egg, & Cheese McMuffin w/Hashbrown Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Dessert Choice of Milk	Garlic Parmesan Chicken Pasta (BYO) Salad Fresh &/or Can Fruit Fresh Veggies & Dip Dessert Choice of Milk	(BYO) Burrito Bowls (Ckn/beef) rice,beans queso,corn salsa,lett Churro Cottage Cheese Fresh &/or Can Fruit Fresh Veggies & Dip Dessert Choice of Milk	Hamburgers French Fries Baked 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	Chicken Nuggets w/Smile Fries Green Beans Fresh &/or Can Fruit Fresh Veggies & Dip Dessert 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.