

# NOVEMBER 2018

## ICS BREAKFAST & LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# Rock Your Mocs

AT ICS ON FRI, NOV. 16



Whole Grain Cereal  
String Cheese  
Cereal Bar  
Hard Boiled Egg  
Banana  
Fresh Fruit  
Milk

5

Beef & Bean  
Quesadilla  
Brown Rice  
Carrot Sticks  
Salad Bar Offerings  
Fresh Fruit  
Milk

Assorted Cereals  
Hard Boiled Egg  
Zucchini Loaf  
String Cheese  
Chilled Pears  
Milk

Chicken Slider on  
Wheat Buns  
Sweet Potato Fries  
Local Green Salad  
Chilled Pears  
Milk  
Sidekick

12

VETERANS

Pancakes  
Canadian Bacon  
Hard Boiled Egg  
Fresh Fruit  
Strawberries  
Milk

6

BBQ Pork Slider  
Broccoli Salad  
Potato Wedges  
Pineapple Tidbits  
Salad Bar Offerings  
Fresh Fruit  
Milk

WG French Toast  
Hard Boiled Egg  
Banana  
Fresh Fruit  
Milk

13

Pork Roast w/ Gravy  
Dinner Roll  
Green Beans  
Plantains  
Wild Rice Pilaf  
Mixed Berries  
Milk

Whole Grain Cereal  
Breakfast Pizza  
Hard Boiled Egg  
Banana  
Applesauce  
Milk

7

Chicken Salad on  
Croissant  
Edamame Salad  
Cuke & Tomatoes  
Diced Peaches  
Fresh Fruit  
Cookie - Milk

WG Cereal  
Cinnamon Bun  
Fresh Oatmeal  
Hard Boiled Egg  
Fresh Fruit  
Milk

14

Ranch Chicken  
Sandwich  
Goldfish Pretzels  
Local Green Salad  
Mandarin Oranges  
Treat - Milk

Fresh Oatmeal  
Greek Yogurt  
Hard Boiled Egg  
Craisins  
Fresh Fruit  
Milk

1

Taco Salad  
Refried Beans  
Mexican Rice  
Mandarin Oranges  
Lettuce/Tomatoes  
Fresh fruit  
Milk

8

Pasta w/ Meatsauce  
Wheat Garlic Toast  
Fall Roasted Veggies  
Salad Bar Offerings  
Mango  
Fresh Fruit  
Milk

15

Pizza Sticks  
Quinoa Salad  
Cherry Toms  
Salad Bar  
Fresh Grapes/Fresh  
Fruit

Turkey Ham Hash  
Whole Wheat Toast  
Hard Boiled Egg  
Fresh Mango  
Fresh Fruit  
Milk

2

Meatball Bomber  
Pasta Salad  
Seasonal Veggies  
Fresh Red Peppers  
Fall Harvest Apple  
Fresh Fruit  
Milk

9

WG Cereal Bar  
Yogurt Parfait  
Hard Boiled Egg  
Tropical Fruit Cup  
OJ • Milk

Chicken Nuggets  
Enchilada Lentils  
Parmesan Breadstick  
Celery Sticks  
Tropical Fruit  
Fresh Fruit - Milk

16

Blueberry Biscuit  
Yogurt Parfait  
Hard Boiled Egg  
Tropical Fruit  
Milk

Turkey Meatballs  
w/Gravy  
Buttered Noodles  
Fresh Cucumbers  
Strawberries  
Pumpkin Pie  
Milk

NO SCHOOL NOVEMBER 19- NOVEMBER 23, 2018

## FREE FRIDAY NIGHT MOVIE FOR ICS FAMILIES

November 16, 2018

Please RSVP to FRC by November 14, 2018



Disney Christopher Robin

WG Cereal  
Hard Boiled Egg  
Nutrigrain Bar  
Banana  
OJ - Fresh Fruit  
Milk

26

Beefy Nachos  
Refried Beans  
WG Churro  
Brussel Sprouts  
Mango Chunks  
Fresh Fruit  
Milk

WG Cereal  
Blueberry Cobbler  
Hard Boiled Egg  
Greek Yogurt  
Fresh Fruit • Milk

27

Chicken Nuggets  
Enchilada Lentils  
Parmesan Breadstick  
Carrot Sticks  
Celery Sticks  
Chilled Peaches  
Fresh Fruit - Milk

Pancakes  
Turkey Ham Hard  
Boiled Egg  
Pineapple Tidbits  
Fresh Fruit  
Milk

28

Cheese Pizza  
Creamy Spinach  
Salad Bar Offerings  
Mix Berries  
Fresh Fruit  
Milk • Treat

COMMUNITY PROGRAM 5:30 - 8:30 PM WITH GEORGE MARTIN & HIS FAMILY



Celebrating Native Veterans

AT ICS NOV. 12