


DECEMBER 2018

ICS BREAKFAST & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WGrain Cereal WG Bagel w/Cream Cheese Hard Boiled Egg Pineapple tidbits Fresh Fruit • Milk	Assorted Cereals Turkey Ham Hash Casserole • WW Toast Grapes • Fresh Fruit Milk	Darlington Bar Greek Yogurt Parfait Hard Boiled Egg Fresh Fruit Cranberries • Mix Berries Milk	French Toast Turkey Ham Hard Boiled Egg Chilled Fruit Cocktail Fresh Fruit Milk	Assorted Cereals Egg & Cheese Biscuit Sandwich Hard Boiled Egg Fresh Juice Fresh Fruit • Milk
Grilled Chicken Sliders WG Pretzel Bun Ranchero Beans Cucumber Sticks Salad Bar Offerings Pineapple Tidbits Milk	BRK For Lunch! Scrambled Eggs Creamy Spinach Pancakes Local Green Salad Fresh Fruit Cup Ultra Power Doughnut Milk	Mac N cheese Chicken Tenders Green Peas Celery Sticks Salad Bar Offerings Strawberries Milk	Swedish Meatballs Brown Rice Pilaf Tricolored Carrots Salad Bar offerings Mandarin Oranges Milk	Broccoli Soup Pizza Sticks Dinner Roll Cherry Tomatoes Salad Bar Offerings Fruit Cocktail Fresh fruit • Milk
Assorted Cereal Cereal Bar String Cheese Hard Boiled Egg Banana Fresh Fruit Milk	Omelet Whole Wheat toast Hard Boiled Egg Fresh Fruit Tropical Fruit Cup Milk	Assorted Cereals Cinnamon Roll Fresh Oatmeal Fresh Fruit Watermelon Chunks Milk	Fresh Oatmeal Greek Yogurt Hard Boiled Egg Fresh Fruit Craisins • Mix Berries Milk	WG Waffle Hard Boiled Egg String Cheese Grapes Fresh Fruit • Milk
Chili con carne Baked Potato Corn Bread Orange Wedges Fresh Fruit Salad Bar Offerings Milk	Turkey & Cheese on Wheat Sub • Sunchips Potato Wedges Black Bean Salad Salad Bar Offerings Fresh Grapes Fresh Fruit • Milk	Chicken & Waffles Cheesy Spinach Fresh Veggies Salad Bar Offerings Watermelon Milk Brownie treat	BBQ pork sliders (2) Savory Broccoli Celery Sticks Rice Pilaf Salad Bar Offerings Pineapple tidbits Fresh Fruit • Milk	Taco Pie w/ ww tortillas Red Peppers Salad Bar Offerings Diced Pears Fresh Fruit Milk
Assorted Cereals Breakfast Pizza Banana Fresh Fruit Applesauce Milk	WGrain Cereal Bar Greek Yogurt Parfait Hard Boiled Egg Fresh Juice • Fresh Fruit Tropical Fruit Mix • Milk	WG French Toast String Cheese Hard Boiled Egg Apple Smiles Fresh Fruit Milk	Assorted Cereals Fresh Oatmeal Hard Boiled Egg Fresh Fruit Craisins/Mango Milk	 <p>NO SCHOOL</p>
Chicken Stir Fry Oriental Brown Rice Dinner Roll Grilled Mushrooms Salad Bar Offerings Mandarin Oranges Fresh Fruit Milk	Roast Pork w/ Gravy Black beans Dinner Roll Plantains Local Green Salad Fresh Fruit Cup Milk	Tomato Soup Grilled Cheese On WG Broccoli Salad Bar Offerings Fresh Fruit Melon wedges Milk	Roast Turkey • Wild Rice Cranberry Relish Mashed Potatoes Corn Bread Strawberries Treat • Milk	



Happy Holidays!



Classes Resume January 3rd & 4th

WINTER BREAK December 21, 2018 - January 2, 2019