

# JANUARY 2019

## ICS BREAKFAST & LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**Welcome Back**  
from winter break

**WE LOVE OUR STUDENTS!**

<p>Assorted Cereal Zucchini bread Slice <b>7</b> Hardboiled Egg Greek Yogurt Banana Fresh Fruit Milk</p>	<p>WG Pancakes Turkey Ham <b>8</b> Hardboiled Egg Pineapple Tidbits Fresh Fruit Milk</p>	<p>Assorted Cereals Nutrigrain Bar <b>9</b> Hardboiled Egg Fresh OJ Strawberries Fresh Fruit • Milk</p>	<p>Assorted Cereal <b>10</b> Egg &amp; Cheese Biscuit Hardboiled Egg Fresh Fruit Milk</p>	<p>Assorted Cereal <b>11</b> Whole Wheat Bagel w/ Cream cheese Hard Boiled Egg Applesauce Fresh Fruit • Milk</p>
<p>Tacos Refried Beans Local Green Salad Fresh Fruit Chilled Peaches Milk Sidekick</p>	<p>Hamburger on WWheat Bun Cheesy Collard Greens Sweet Potato Fries Pickles • Local Green Salad Melon Chunks Milk</p>	<p>Pasta w/ Meatsauce WW Garlic Toast Cheesy Broccoli Grapes Salad Bar Offerings Milk</p>	<p>Chicken Salad on a Multigrain Croissant Grilled Asparagus Sunchips Potato Wedges Mango Chunks Salad Bar Offerings Milk</p>	<p>Turkey &amp; Bean Hominy Chilli Corn Muffin Baby Carrots Mixed berries Salad Bar Offerings Milk</p>
<p>WG Cereal <b>14</b> WG Bagel w/ Cream Cheese Hard Boiled Egg Pineapple tidbits Fresh Fruit • Milk</p>	<p>Assorted Cereals <b>15</b> Turkey Ham Hash Casserole WW Toast • Grapes Fresh Fruit • Milk</p>	<p>Darlington Bar <b>16</b> Greek Yogurt Parfait Hard Boiled Egg Fresh Fruit Cranberries Mix Berries • Milk</p>	<p>WG Waffle <b>17</b> Canadian Turkey Bacon Hard Boiled Egg Chilled Fruit Cocktail Fresh Fruit Milk</p>	<p>Assorted Cereals <b>18</b> Omelet Whole Wheat toast Hard Boiled Egg Fresh Juice Fresh Fruit • Milk</p>
<p>Meatball Bomber Sub Roasted Brussel Sprouts Local Green Salad Fresh Apple Milk</p>	<p>Sloppy Joe Whole Wheat bun Tator Tots Local Green Salad Celery Sticks Diced Pears Milk</p>	<p>Pizza Sticks Quinoa Salad Cheesy Spinach Cherry Toms Local Green Salad Fresh Grapes Milk</p>	<p>Grilled Chicken Burger on Whole Wheat Bun Baked Beans Local green salad Fresh Fruit Watermelon • Milk</p>	<p>Beef &amp; Bean Quesadilla Apple Churro treat Local Green Salad Fresh Mango Milk</p>
<p><b>21</b> <b>NO SCHOOL</b></p>	<p>Assorted Cereals <b>22</b> Turkey Ham Hash Casserole WW Toast • Grapes Fresh Fruit • Milk</p>	<p>Darlington Bar <b>23</b> Greek Yogurt Parfait Hard Boiled Egg Fresh Fruit Cranberries Mix Berries • Milk</p>	<p>WG Waffle <b>24</b> Canadian Turkey Bacon Hard Boiled Egg Chilled Fruit Cocktail Fresh Fruit Milk</p>	<p>Assorted Cereals <b>25</b> Omelet Whole Wheat toast Hard Boiled Egg Fresh Juice Fresh Fruit • Milk</p>
	<p>Chicken Patty on Whole Grain Skinny Bun Quinoa Salad Celery sticks Local Green Salad Watermelon Wedges Fresh Fruit • Milk</p>	<p>Hamburger patty w/WW Buns Baked Beans Broccoli Cole Slaw Fresh Fruit Mango Milk • Brownie treat</p>	<p>Taco Salad Refried Beans Mexican Rice Lettuce/Toms Salad Bar Offerings Mandarin Oranges Fresh fruit • Milk</p>	<p>Fish Sticks Sandwich w/Tartar Sauce Ranch Tator Tots Cherry Tomatoes Salad Bar Offerings Diced Peaches Fresh fruit • Milk</p>
<p><b>28</b> <b>NO SCHOOL</b></p>	<p>WG Grain Cereal Bar <b>29</b> Greek Yogurt Parfait Hard Boiled Egg Fresh Juice • Fresh Fruit Tropical Fruit Mix • Milk</p>	<p>Assorted Cereals <b>30</b> Breakfast Pizza Banana Fresh Fruit Applesauce Milk</p>	<p>Assorted Cereals <b>31</b> Fresh Oatmeal String cheese Fresh Fruit Craisins Milk</p>	<p>Pancakes <b>1</b> Canadian Turkey Bacon Fresh Fruit Strawberries Milk</p>
	<p>Tomato Soup w/ Croutons Grilled Cheese On WG Broccoli Salad Bar Offerings Fresh Fruit • Melon wedges • Milk</p>	<p>Chicken Noodle Soup Mac N cheese Dinner Roll Celery Sticks Salad Bar Offerings Strawberries Milk Bavarian Cream Cup</p>	<p>Beef &amp; Bean Quesadilla Brown Rice Carrot sticks Salad Bar Offerings Fresh Fruit Cup Fresh fruit Milk</p>	<p>Meatball Bomber Sub w/ Mozzarella cheese Pasta Salad Potato wedges Salad Bar Offerings Fresh Fruit Milk</p>