

# FEBRUARY 2019

## ICS BREAKFAST & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>4</b></p> <p>Assorted Cereals Zucchini Loaf String cheese Hard Boiled Egg Chilled Pears Fresh Fruit • Milk</p> <p>Pasta w/ meatsauce Garlic toast Mushrooms Mango Salad bar Milk</p>	<p><b>5</b></p> <p>Blueberry Brk Biscuit Fruit &amp; Yogurt Parfait Hard Boiled Egg Banana Fresh Fruit Milk</p> <p>Pork Roast w/ Gravy Buttered Noodles Garlic Knot Cucumber Sticks Mixed Berries Fresh Fruit Milk</p>	<p><b>6</b></p> <p>Assorted Cereals Turkey Ham Hash Casserole • WW Toast Fruit Cocktail Fresh Fruit Milk</p> <p>Pizza Sticks Savory Broccoli Carrot Sticks Salad Bar offerings Diced Peaches Fresh Fruit Milk • Cookie</p>	<p><b>7</b></p> <p>Cheesy Omelet Ww Toast Hard Boiled Egg Banana Fresh Fruit Milk</p> <p>Chicken Nuggets Enchilada lentils Parmesan breadstick Celery sticks Salad bar Tropical fruit Milk</p>	<p><b>8</b></p> <p><b>NO SCHOOL</b></p> <p><b>Parent-Teacher Conferences</b></p>
<p><b>11</b></p> <p>Cereal Bar Greek Yogurt Granola Hard Boiled Egg Fresh Fruit Orange Smiles Milk</p> <p>Turkey Chili Bread Bowl Roasted Red Potatoes Orange Wedges Fresh Fruit Local Green Salad Milk</p>	<p><b>12</b></p> <p>Assorted Cereals Turkey Ham Hash Casserole WW Toast Mango Fresh Fruit • Milk</p> <p>Turkey &amp; Cheese on Wheat Sub Broccoli • Sun Chips Grilled Asparagus Salad Bar Offerings Fresh Grapes Fresh Fruit • Milk</p>	<p><b>13</b></p> <p>Fresh Oatmeal Greek Yogurt Hard Boiled Egg Fresh Fruit Craisins Mixed Berries • Milk</p> <p>Beefy Nachos Refried Black Beans Red Peppers Mandarin oranges Fresh Fruit • WG Churro Local Green Salad Milk</p>	<p><b>14</b></p> <p>Assorted Cereals Whole Wheat Bagel Hard Boiled Egg Applesauce Fresh Fruit Milk</p> <p>Grilled Chicken sliders WG Buns Sweet Potato Fries Green Beans Salad Bar Offerings Pineapple Tidbits Fresh Fruit • Milk</p>	<p><b>15</b></p> <p>Waffles String Cheese Hard Boiled Egg Fresh Kiwi Fresh Fruit Milk</p> <p>Chicken Chik Stew Fresh Bread Cheesy Cauliflower Celery Sticks Strawberries • Fresh Fruit Local Green Salad Milk</p>
<p><b>18</b></p> <p><b>NO SCHOOL</b></p>	<p><b>19</b></p> <p>Assorted Cereals Breakfast Pizza Banana Fresh Fruit Hard Boiled Egg • Milk</p> <p>BBQ pork slider Savory Rice Cheesy Collard Greens Pineapple tidbits Fresh Fruit Local Green Salad Milk</p>	<p><b>20</b></p> <p>Pancakes String Cheese Hard Boiled Egg Fresh Fruit Diced Peaches Milk</p> <p>Chicken Tortilla Soup Corn Tortillas Cheesy Broccoli Tomatoes and Carrots Fresh Fruit Cup Local Green Salad Treat • Milk</p>	<p><b>21</b></p> <p>Blueberry Brk Biscuit Fruit &amp; Yogurt Parfait Hard Boiled Egg Tropical Fruit Cup Fresh Fruit Milk</p> <p>PizzaBurger on WW Bun Buttered Noodles Cucumber • Fresh Fruit Strawberries Local Green Salad Milk</p>	<p><b>22</b></p> <p>Omelet OR Hard Boiled egg WW Toast Fresh Fruit Milk</p> <p>Grilled Ham &amp; Cheese Enchilada Lentils Local Green Salad Fresh Fruit Melon wedges Milk</p>
<p><b>25</b></p> <p>Assorted Cereals Zucchini Loaf String cheese Hard Boiled Egg Chilled Pears Fresh Fruit • Milk</p> <p>Spaghetti w/ Meat sauce Garlic Toast Sautéed Mushrooms Local Green Salad Lemony Jicama Sticks Mandarin Oranges Milk</p>	<p><b>26</b></p> <p>Whole Grain French Toast Hard Boiled Egg Banana Fresh Fruit • Milk</p> <p>Orange Chicken Delight Oriental Rice Celery Sticks w/ Hummus Local Green Salad Chilled Pears Milk</p>	<p><b>27</b></p> <p>Assorted Cereals Turkey Ham Hash Casserole WW Toast Grapes Fresh Fruit • Milk</p> <p>Cheese Pizza Salad Bar Offerings Creamy Spinach Mix berries Fresh fruit Milk Fruit Slushy</p>	<p><b>28</b></p> <p>Cheesy Omelet WG Croissant Hard Boiled Egg Banana Fresh Fruit Milk</p> <p>Taco Pie Pierre Breadstick Red Peppers Salad Bar Offerings Fresh Oranges Fresh Fruit Milk</p>	<p><b>1</b></p> <p>Blueberry Brk Biscuit Fruit &amp; Yogurt Parfait Hard Boiled Egg Tropical Fruit Cup Fresh Fruit • Milk</p> <p>Buffalo Chicken &amp; Waffles (2) Garden Tomatoes Roasted Purple Potatoes Local Green Salad Watermelon • Milk</p>