

MARCH 2019

ICS BREAKFAST & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>Cheesy Omelet WW Toast Hard Boiled Egg Banana Fresh Fruit Milk</p> <p>Chicken w/ Gravy • Rice Pilaf • Garlic Knot Bread Tricolored Potatoes Cukes/Tom Salad Melon Chunks Fresh Fruit • Local Green Salad • Milk</p>	<p>5</p> <p>Assorted Cereals Zucchini Loaf String cheese Hard Boiled Egg Chilled Pears Fresh Fruit • Milk</p> <p>Beefy Nachos Refried Black Beans WG Churro Brussel Sprouts Mango Fresh Fruit Milk</p>	<p>6</p> <p>WG French Toast Hard Boiled Egg String Cheese Grapes Fresh Fruit Milk</p> <p>Turkey & Cheese on Wheat Sub • Sunchips Black Bean Salad Asparagus Salad Bar Offerings Tropical Fruit • Fresh Fruit Milk / Treat</p>	<p>7</p> <p>Fresh Oatmeal Greek Yogurt Hard Boiled Egg Fresh Fruit Craisins Milk</p> <p>Hamburger on WW Buns Baked Beans Celery Sticks Fresh Fruit Mandarin Oranges Milk</p>	<p>8</p> <p>Assorted Cereals Honey Bun Hard Boiled Egg Fresh Fruit Watermelon Chunks Milk</p> <p>Chicken Nuggets Mac N Cheese Parmesan Breadstick Baby Carrots Salad Bar Offerings Chilled Peaches Fresh Fruit • Milk</p>
<p>11</p> <p>Assorted Cereal Cereal Bar Hard Boiled Egg Banana Fresh Fruit Milk</p> <p>Volcanic Turkey Meatloaf Artisan Dinner Roll Mashed Potatoes Tricolored Carrots Salad Bar Offerings Pineapple Tidbits Milk</p>	<p>12</p> <p>Assorted Cereals Tator Tot Casserole WW Toast Hardboiled Egg Mango Fresh Fruit • Milk</p> <p>BRK For Lunch! Omelet • Waffles Creamy Spinach Local Green Salad Fresh Fruit Cup Ultra Power Doughnut Milk</p>	<p>13</p> <p>Breakfast Pizza Banana Hardboiled Egg Fresh Fruit Applesauce Milk</p> <p>Baked Pasta Chicken Tenders Celery Sticks Garbanzo salad Salad Bar Offerings Strawberries • Milk Frozen Juice Treat</p>	<p>14</p> <p>Assorted Cereal Greek Yogurt Parfait Breakfast Muffin Hard Boiled Egg Fresh Fruit Tropical Fruit Mix • Milk</p> <p>Cheese Quesadilla Raspberry Churro Steamed Broccoli Cucumber sticks Salad Bar offerings Mandarin Oranges Milk</p>	<p>15</p> <p>Pancakes Canadian Turkey Bacon • Hardboiled Egg Fresh Fruit Fresh Juice Strawberries • Milk</p> <p>Broccoli Soup Pizza Sticks Cherry Tomatoes Salad Bar Offerings Fruit Cocktail Fresh fruit Milk</p>
 <p>18</p> <p>NO SCHOOL</p>	<p>19</p> <p>Whole Grain French Toast Hard Boiled Egg Banana • Fresh Fruit Fresh Juice • Milk</p> <p>Chicken Tortilla Soup Tortilla Chips Mexican Rice Cheesy Cauliflower Savory Broccoli Pineapple • Fresh Fruit Local Green Salad • Milk</p>	<p>20</p> <p>WGrain Cereal WGrain Bagel w/Cream Cheese Hard Boiled Egg Strawberries Fresh Fruit • Milk</p> <p>Tuna Salad Multigrain Croissant Mac n cheese Cuke sticks Broccoli Salad Bar Offerings Treat • Milk</p>	<p>21</p> <p>Cheesy Omelet WG Croissant Hard Boiled Egg Mix Berries Fresh Fruit Milk</p> <p>Chicken & Waffles Cheesy Spinach Fresh Veggies Salad Bar Offerings Watermelon Milk</p>	<p>22</p> <p>Blueberry Brk Biscuit Fruit & Yogurt Parfait Hard Boiled Egg Tropical Fruit Cup Fresh Fruit • Milk</p> <p>Hunter's Stew w/ Bison Baked Potato 3 Sister's Salad Corn Bread • Strawberries Milk</p> <p>ALL SCHOOL FEAST</p>
	<p>25</p> <p>Zucchini Bread Fresh Oatmeal String cheese Fresh Fruit Craisins Milk</p> <p>Chicken Stir Fry/Brown Rice Dinner Roll Grilled Mushrooms Salad Bar Offerings Mandarin Oranges Fresh Fruit Milk</p>	<p>26</p> <p>Whole Grain Waffles Canadian Turkey Bacon Hard Boiled Egg Applesauce • Fresh Fruit Milk</p> <p>Roast Pork w/ Gravy Enchilada lentils Garlic Knot Plantains Local Green Salad Fresh Fruit Cup Milk</p>	<p>27</p> <p>Assorted cereals Breakfast Burrito Hardboiled Egg Kiwi • Juice Fresh Fruit Milk</p> <p>Grilled Ham & Cheese Panini Asparagus • Pretzels Salad Bar Offerings Fresh Fruit Melon wedges Milk</p>	<p>28</p> <p>Breakfast Biscuit Casserole WW Toast Grapes Fresh Fruit Milk</p> <p>Taco Pie Cheese Breadstick Roated Brussel Sprouts Diced Peaches Fresh Fruit Local Green Salad Milk</p>