

I.E.S. Breakfast Menu—May 2018

Food Service Director: Denise Pyle
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 Registered Dietitian
 814.899.7643 x1306



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	May 1 5th and 6th Grade: Cereal Bowl Pack and Crackers K-4th Grade: WG Brown Sugar Cinnamon Pop Tart and String Cheese Chilled Juice & Fresh Banana Marvelous Milk	May 2 Banana Bread Slice Chilled Juice and Flavored Applesauce Cup Delicious Milk	May 3 5th and 6th Grade: Cereal Bowl Pack and Crackers K-4th Grade: Chocolate Chip Oatmeal Benefit Bar Chilled Juice and Apple Slices Mighty Milk	May 4 Enriched Pastry Chilled Juice & Fruit Choice Fabulous Milk
May 7 Mini French Toast Chilled Juice and Flavored Applesauce Cup Incredible Milk	May 8 5th and 6th Grade: Cereal Bowl Pack and Crackers K-4th Grade: Super Bun Chilled Juice and Fresh Apple Spectacular Milk	May 9 Apple Frudel Chilled Juice and Banana Moo-licious Milk	May 10 5th and 6th Grade: Cereal Bowl Pack and Crackers K-4th Grade: Lemon Bread Chilled Juice and Apple Slices Super Milk	May 11 Fortified Pastry Chilled Juice & Fruit Choice Healthy Milk
May 14 Strawberry Guava Flip Chilled Juice and Fresh Apple Cool Milk	May 15 5th and 6th Grade: Cereal Bowl Pack and Crackers K-4th Grade: Mini Waffles Chilled Juice and Flavored Applesauce Cup Mineral Packed Milk	May 16 Cherry Chocolate Bar Chilled Juice and Banana Amazing Milk	May 17 5th and 6th Grade: Cereal Bowl Pack and Crackers K-4th Grade: String Cheese and Blueberry Muffin Chilled Juice and Apple Slices Tasty Milk	May 18 Enriched Pastry Chilled Juice and Fruit Choice Super Milk
May 21 Mini Pancakes Chilled Juice and Flavored Applesauce Cup Vitamin Packed Milk	May 22 5th and 6th Grade: Cereal Bowl Pack and Crackers K-4th Grade: Zucchini Bread Chilled Juice and Fresh Apple Magnificent Milk	May 23 WG Fudge Pop Tart and String Cheese Chilled Juice and Banana Awesome Milk	May 24 Fortified Pastry Chilled Juice & Fruit Choice Healthy Milk	May 25 No School Today
May 28 No School Today	May 29 5th and 6th Grade: Cereal Bowl Pack and Crackers K-4th Grade: Cinnamon Roll Chilled Juice and Fresh Apple Nutritious Milk	May 30 String Cheese and Crackers Chilled Juice and Banana Awesome Milk	May 31 5th and 6th Grade: Cereal Bowl Pack and Crackers K-4th Grade: Cherry Frudel Chilled Juice and Apple Slices Happy Milk	

What Makes a Breakfast Meal?

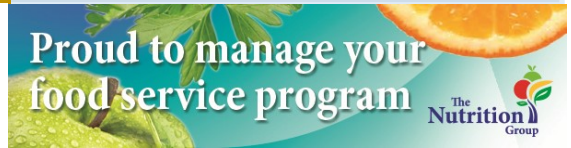
You must choose at least 3 of 4 components available.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

All students are eligible to receive a free Breakfast in the Classroom, courtesy of Iroquois School District.



Milk Choices Offered Daily
 1% Chocolate and Low Fat White



Iroquois School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MENUS SUBJECT TO CHANGE

Iroquois Elementary Lunch Menu- May 2018

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If you love kids & food and would like to work in a school cafeteria,
go to www.thenutritiongroup.biz and then to Career Portals.



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk
**Students must choose at least one fruit or vegetable*

Fresh Fruits and Vegetables Offered Daily

***Vegetables include:**
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber
***May choose two 1/2 cup servings**

***Fruits include:**
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
***May choose 1/2 cup serving**










Milk Choices Offered Daily

1% Chocolate, 1% Strawberry,
Fat Free Vanilla, Fat Free White and
Low Fat White



MENUS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	May 1 Chicken Rings with Bread or Cheeseburger on a Bun Creamy Coleslaw Mixed Fruit Incredible Milk	May 2 Pasta with Meatsauce & Roll or Ham and Cheese Twister Seasoned Broccoli Cuts Mighty Mandarin Oranges Marvelous Milk	May 3 Popcorn Chicken Bowl w/ Bread or Turkey Devonshire Golden Corn Diced Pears Magnificent Milk	May 4 Chewbacca Homestyle Pizza or Jedi Tuna Noodle Casserole with Skywalker Bread Slice Princess Leia Chickpeas Yoda Applesauce Cups The Force Mighty Milk Star Wars Lucky Tray
	May 7 Chicken Patty on a Bun or Ham & Cheese Ciabatta Tasty Tator Tots Sliced Peaches Icy Milk	May 8 Meatball Sub or Chicken Soft Tacos with Bread Cheesy Refried Beans Pineapple Tidbits Cool Milk	May 9 Breakfast for Lunch or Fish Sandwich Breakfast Potatoes Classic Applesauce Superb Milk 	May 10 Chicken Strips and Roll or Cheese Steak Wrap Steamed Green Beans Power Gelatin Vitamin Packed Milk
May 14 TNG Burger on a Bun or Cheesy Pizza Sub Steamed Cauliflower Classic Applesauce Marvelous Milk	May 15 Pasta and Meatballs with Bread or BBQ Pork on a Bun Garden Sweet Peas Mixed Fruit Healthy Milk	May 16 Grilled Cheese Sandwich with Tomato Soup or Sloppy Joe on a Bun Zesty Baked Beans Diced Peaches Nutritious Milk	May 17 Chicken Sticks and Bread or Baked Potato w/ Chili & Pretzel Cheesy Broccoli Sliced Pears Mineral Packed Milk	May 18 Cheese Pizza or Chicken Cheesesteak on a Bun Honey Glazed Carrots Orange Smiles Wonder Milk
May 21 Orange Kissed Chicken Bowl with Bread or Fish Sandwich Steamed Green Beans Pineapple Tidbits Amazing Milk	May 22 Italian Dunkers or Spicy Chicken Patty on a Bun Sweet Potatoes Tasty Bites: Strawberry Shortcake Good-for-You Milk 	May 23 Walking Taco with Bread or BBQ Ham on a Bun Yellow Sunshine Corn Diced Pears Chilled Milk	May 24 Pepperoni Pizza or Pierogie Roll-Ups and Bread Roasted Chickpeas Cinnamon Apples Lovely Milk	May 25 No School Today
May 28 No School Today	May 29 Meatball Sub or Corn Dog Nuggets and Pretzel Seasoned Broccoli Sweet Mandarin Oranges Awesome Milk	May 30 Toasted Ham and Cheese or Happy Hamburger on a Bun Cheesy Potato Casserole Fresh Apple Wonder Milk Lucky Tray Day	May 31 Creamy Macaroni and Cheese with Bread or Tasty Tuna Melt Steamed Green Beans Mixed Fruit Super Milk	
Monday BBQ Ribs on a Bun Deli Sandwich Salad Bar (Grades 3-6) 	Tuesday Deli Sandwich Salad Bar (Grades 3-6) Munchable Choice 	Wednesday Peanut Butter & Banana Sandwich Salad Bar (Grades 3-6)	Thursday Deli Sandwich Salad Bar (Grades 3-6) Munchable Choice 	Friday Deli Sandwich Salad Bar (Grades 3-6) 