

I.H.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 Cinnamon Bagel in a Bag Chilled Juice and Fresh Fruit Cool Milk	May 2 Donut Ring Chilled Juice and Fresh Fruit Super Milk	May 3 Cocoa Chip Benefit Bar Chilled Juice and Fresh Fruit Awesome Milk	May 4 Zucchini Bread Slice Chilled Juice and Fresh Fruit Happy Milk
May 7 Pro Ball Donut & String Cheese Chilled Juice and Fresh Fruit Sensational Milk	May 8 Banana Muffin and Crackers Chilled Juice and Fresh Fruit Spectacular Milk	May 9 Pancake on a Stick Chilled Juice and Fresh Fruit Delicious Milk	May 10 Dunking Stick w/Crackers Chilled Juice and Fresh Fruit Milk Choice	May 11 Cinnamon Roll Chilled Juice and Fresh Fruit Healthy Milk
May 14 Apple Crisp Mini Loaf and Crackers Chilled Juice and Fresh Fruit Nutritious Milk	May 15 Yogurt and Crackers Chilled Juice and Fresh Fruit Amazing Milk	May 16 Sausage, Egg, and Cheese Muffin Chilled Juice and Fresh Fruit Mighty Milk	May 17 Cherry Apple Crunch Bar and Crackers Chilled Juice and Fresh Fruit Frosty Milk	May 18 Goody Ring Chilled Juice and Fresh Fruit Cool Milk
May 21 French Toast Benefit Bar Chilled Juice and Fresh Fruit Marvelous Milk	May 22 Powdered Sugar Donut Pack Chilled Juice and Fresh Fruit Vitamin Packed Milk	May 23 Mini Waffles Chilled Juice and Fresh Fruit Flavorful Milk	May 24 Guava Strawberry Flip Chilled Juice and Fresh Fruit Superb Milk	May 25 No School Today
May 28 No School Today	May 29 Blueberry Wild Forest Bread Chilled Juice and Fresh Fruit Mineral Packed Milk	May 30 Apple Roll Chilled Juice and Fresh Fruit Mineral Packed Milk	May 31 Cherry Frudel Chilled Juice and Fresh Fruit Mineral Packed Milk	

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

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

Junior High & High School Alternate Options May Include:

Breakfast Bars, Cereal and Jungle Crackers, Bagels and Cream Cheese, Breakfast Sandwiches, Breakfast Taco Wraps, Pancake and Sausage Wraps, Crunch Bars, Yogurt and Jungle Crackers, Healthy Muffin and Crackers, Fortified Breakfast Pastries.

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



Milk Choices Offered Daily

Fat Free OR 1% Flavored, Fat Free White, and Low Fat White



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Meal Prices:
Paid \$1.00
Reduced \$.30

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 Junior and High School Lunch Menu - May 2018



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	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>The Grille</p> <p>Options may include: BBQ Ribs on a Bun Cheeseburger on a Bun Flatbread Assortments Grilled Cheese Sandwich w/Tomato Soup Grilled Chicken Sandwich Hamburger on a Bun Meatball Hoagie</p>		<p>May 1 Italian Dunkers Creamy Coleslaw Mandarin Oranges Healthy Milk</p>	<p>May 2 Popcorn Chicken Bowl with Bread Slice Golden Corn Pineapple Tidbits Frosty Milk</p>	<p>May 3 Stuffed Crust Pizza Cheesy Refried Beans Diced Pears Nutritious Milk</p>	<p>May 4 BBQ Ham on a Bun Garden Style Peas Tropical Fruit Salad Mineral Packed Milk National Star Wars Day—Celebrate with Spin the Wheel and Trivia Contest</p>
 <p>The Garden</p> <p>Options May Include: Soup and Salad Bar, Soup and Deli Bar, Chef Salads, or Create Your Own Bowl.</p>		<p>May 7 Chicken Parmesan over Pasta with Dinner Roll Steamed Green Beans Sliced Pears Amazing Milk</p>	<p>May 8 Meatloaf Patty with Gravy and Dinner Roll Fluffy Whipped Potatoes Sliced Pears Amazing Milk</p>	<p>May 9 Buffalo Chicken Dipper Oven Baked French Fries Colorful Apples Awesome Milk Cookie Treat</p>	<p>May 10 Roni Rolls w/Dipping Sauce Marinated Bean Salad Mixed Fruit Super Milk</p>
 <p>The Pizzeria</p> <p>Selections May Include: Broccoli & Cheese Pizza California Chicken Bacon Ranch Pizza Hot Buffalo Chicken Pizza Mexican Pizza Mozzarella Cheese Pizza Pepperoni Pizza Veggie Pizza</p>	<p>May 14 Italian Stromboli Tasty Tator Tots Fresh Apple Mineral Packed Milk</p>	<p>May 15 Pulled BBQ Pork Sandwich Zesty Baked Beans Pineapple Tidbits Vitamin Packed Milk Pudding Treat</p>	<p>May 16 Iroquois Fries with Pretzel Seasoned Broccoli Cuts Diced Pears Chilled Milk</p>	<p>May 17 Homestyle Macaroni and Cheese with Bread Garlicky Green Beans Peach Cups Vitamin Packed Milk</p>	<p>May 18 Popcorn Chicken Wrap Sweet Potato Fries Applesauce Cups Tantalizing Milk</p>
 <p>Grab & Go</p> <p>A wide variety of sandwiches, wraps, and specialty salads are available on Tuesdays and Thursdays. However, you may request them on a daily basis.</p>	<p>May 21 Deluxe Steak-Um on a Bun Refried Beans Cinnamon Apple Slices Choice of Milk</p>	<p>May 22 Beef Lasagna with Garlic Breadsticks Super Spinach Salad Power Gelatin Delicious Milk</p> 	<p>May 23 Hot Turkey Sandwich Mashed Potatoes Tropical Fruit Cup Happy Milk</p>	<p>May 24 Buffalo Chicken Stromboli Steamy Green Beans Mixed Fruit Wonder Milk</p>	<p>May 25 No School Today</p>
 <p>The Deli</p> <p>Options May Include: Buffalo Chicken Ham & Cheese Oven Roasted Turkey and Cheese Spicy Buffalo Chicken Tuna Salad</p>	<p>May 28 No School Today</p>	<p>May 29 Bacon Cheeseburger Homestyle Baked Beans Colorful Fruit Choices Frosty Milk</p>	<p>May 30 Stuffed Crust Pizza Cheesy Broccoli Cuts Tropical Fruit Salad Flavorful Milk</p>	<p>May 31 Baked Chicken w/Dinner Roll Au Gratin Potatoes Fruit Pick Super Milk</p>	
	<p>Chicken Nuggets/Sticks/ Strips with Soft Pretzel Soup and Salad Bar</p>	<p>Create Your Own Bowl Chef Salads Deli Sandwiches or Wraps</p>	<p>Corn Dog Nuggets or Sticks Soup and Deli Bar</p>	<p>Deli Sandwiches, Assorted Paninis, or Wraps Soup and Salad Bar</p>	<p>Breaded Chicken Patty on a Bun Soup and Salad Bar</p>

Accompaniments

*Must take at least one 1/2 cup of fruit or vegetable

*Vegetables includes: *Fruits include:

- | | |
|-------------------|--------------------|
| Broccoli Florets | Crisp Apple |
| Baby Carrots | Banana |
| Dark Leafy Greens | Fresh Orange |
| Legume Salads | Classic Applesauce |
| Celery & Cucumber | Mandarin Oranges |
| | Sliced Peaches |
| | Diced Pears |
| | Pineapple Tidbits |



Milk Choices Offered Daily:
1% flavored, 1% white, non-fat flavored, and and non-fat white



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Lunch Prices: Paid \$2.25 Reduced \$.40

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