

I.E.S. Breakfast Menu—February 2018

Food Service Director: Denise Pyle
 dpyle@iroquois.iu5.org
 Registered Dietitian
 814.899.7643 x1306



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			February 1 5th and 6th Grade: Cereal Bowl Pack and Crackers K-4th Grade: Apple Cinnamon Benefit Bar Chilled Juice and Apple Slices Mighty Milk	February 2 Enriched Pastry Chilled Juice & Fruit Choice Fabulous Milk
February 5 6th Grade: Cereal Bowl Pack and Crackers K-5th Grade: Blueberry Bread Slice Chilled Juice and Fresh Apple Marvelous Milk	February 6 6th Grade: Cereal Bowl Pack and Crackers K-5th Grade: Cheerios Cereal Bar Chilled Juice and Flavored Applesauce Cup Spectacular Milk	February 7 Pro Ball Donuts Chilled Juice and Banana Delicious Milk	February 8 5th and 6th Grade: Cereal Bowl Pack and Crackers K-4th Grade: Cinnamon Bread Loaf Chilled Juice and Apple Slices Super Milk	February 9 Fortified Pastry Chilled Juice & Fruit Choice Healthy Milk
February 12 6th Grade: Cereal Bowl Pack and Crackers K-5th Grade: Strawberry Bagel in a Bag Chilled Juice and Fresh Apple Cool Milk	February 13 6th Grade: Cereal Bowl Pack and Crackers K-5th Grade: Banana Muffin and Crackers Chilled Juice and Flavored Applesauce Cup Mineral Packed Milk	February 14 Super Bun Plus Chilled Juice and Banana Amazing Milk	February 15 5th and 6th Grade: Cereal Bowl Pack and Crackers K-4th Grade: Powdered Mini Donut Pack Chilled Juice and Apple Slices Tasty Milk	February 16 Enriched Pastry Chilled Juice and Fruit Choice Super Milk
February 19 No School Today	February 20 No School Today	February 21 Whole Grain Pop Tart and String Cheese Chilled Juice and Fresh Apple Awesome Milk	February 22 5th and 6th Grade: Cereal Bowl Pack and Crackers K-4th Grade: Cheerios Cereal Bar Chilled Juice and Apple Slices Happy Milk	February 23 Fortified Pastry Chilled Juice & Fruit Choice Healthy Milk
February 26 6th Grade: Cereal Bowl Pack and Crackers K-5th Grade: Strawberry Guava Flip Chilled Juice and Fresh Apple Nutritious Milk	February 27 6th Grade: Cereal Bowl Pack and Crackers K-5th Grade: Donut Ring Chilled Juice and Flavored Applesauce Cup Wonder Milk	February 28 Yogurt and Crackers Chilled Juice and Banana Chilled 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



Proud to manage your food service program



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- February 2018

Food Service Director: Denise Pyle
dpyle@iroquois.iu5.org
Registered Dietitian
814.899.7643 x 1306

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




Reinhart FOODSERVICE
Get it right from us.
MENUS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			February 1 Pasta and Meatballs w/Roll or Grilled Chicken Patty on a Bun Marinated Bean Salad Chilled Applesauce Cool Milk	February 2 Chain Gang Cheese Pizza or Hail Mary Ham & Potato Au Gratin with PAT Pretzel Quarterback Peas Pro Bowl Peaches Manning Milk/Super Bowl Contest
February 5 TNG Burger on a Bun or Fish Sticks with Bread Sweet Potatoes Pineapple Tidbits Frosty Milk	February 6 Macaroni and Cheese with Roll or Spicy Chicken Patty on a Bun Seasoned Green Beans Sliced Pears Nutritious Milk Cookie Treat	February 7 Chicken Nachos with Bread or Mighty Meatball Sub Zesty Baked Beans Tropical Fruit Cup Delectable Milk 	February 8 Iroquois Fries with Pretzel or Fun on the Run Oven Baked French Fries Orange Smiles Splendid Milk	February 9 Mexican or Cheese Pizza or Chicken Broccoli Alfredo with Bread Slice Steamed Broccoli Cuts Diced Peach Cups Awesome Milk
February 12 Smith's Hot Dog on a Bun or White Chicken Chili with Cornbread Pleasing Peas Tasty Applesauce Calcium Packed Milk	February 13 Chicken Rings with Tasty Bites: Cake Pops or Cheeseburger on a Bun Creamy Coleslaw Choice of Peaches Refreshing Milk 	February 14 Pasta and Meatsauce with Roll or Tuna Melt Bold Broccoli Cuts Power Gelatin Chilled Milk Valentine Treat	February 15 Popcorn Chicken Bowl with Bread or Turkey Devonshire Sweet Corn "Off-the-Cob" Mandarin Oranges Magnificent Milk	February 16 Homestyle Pizza or Tuna Noodle Casserole with Soft Warm Pretzel Roasted Chic Peas Pineapple Tidbits Fabulous Milk
February 19 No School	February 20 No School	February 21 Chicken Patty on a Bun or Ham and Cheese Ciabatta Tasty Tator Tots Orange Smiles Tasty Milk	February 22 Breakfast for Lunch or Fish Sandwich Breakfast Potatoes Sliced Pears Tantalizing Milk Lucky Tray Day	February 23 Pepperoni or Cheese Pizza or Chili with Cheese, Chips, and Rice Sweet Potatoes Flavored Applesauce Cups Happy Milk
February 26 TNG Burger on a Bun or Cheesy Pizza Sub Crunchy Coleslaw Fruit Cocktail Flavorful Milk	February 27 Pasta and Meatballs with Bread or BBQ Pork on a Bun Peppery Peas Pineapple Tidbits Good For You Milk	February 28 Grilled Cheese Sandwich with Tomato Soup or Sloppy Joe on a Bun Homestyle Baked Beans Assorted Fruit Choice Moo-oo-y 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) 