

# I.H.S. Breakfast Menu-March 2018

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>March 1</b> Frosted Cinnamon Roll Chilled Juice and Fresh Fruit Super Milk	<b>March 2</b> Cherry Frudel Chilled Juice and Fresh Fruit Happy Milk
<b>March 5</b> Donut Ring Chilled Juice and Fresh Fruit Sensational Milk	<b>March 6</b> Zucchini Bread Slice Chilled Juice and Fresh Fruit Spectacular Milk	<b>March 7</b> Blueberry Chip Benefit Bar Chilled Juice and Fresh Fruit Delicious Milk	<b>March 8</b> Mini French Toast Sticks Chilled Juice and Fresh Fruit Milk Choice	<b>March 9</b> Fudge Pop Tart and String Cheese Chilled Juice and Fresh Fruit Healthy Milk
<b>March 12</b> Red Hot Cinnamon Mini Loaf and Crackers Chilled Juice and Fresh Fruit Nutritious Milk	<b>March 13</b> Yogurt and Crackers! Chilled Juice and Fresh Fruit Amazing Milk	<b>March 14</b> Ham, Egg, & Cheese Muffin Chilled Juice and Fresh Fruit Mighty Milk	<b>March 15</b> Triple Berry Crunch Bar and Crackers Chilled Juice and Fresh Fruit Frosty Milk	<b>March 16</b> Pancake Sausage Wrap Chilled Juice and Fresh Fruit Cool Milk
<b>March 19</b> Banana Muffin and Crackers Chilled Juice and Fresh Fruit Marvelous Milk	<b>March 20</b> Breakfast Pizza Chilled Juice and Fresh Fruit Vitamin Packed Milk	<b>March 21</b> Chocolate Donut Pack Chilled Juice and Fresh Fruit Flavorful Milk	<b>March 22</b> Mini Cinni's Chilled Juice and Fresh Fruit Superb Milk	<b>March 23</b> Dunking Stick with Crackers Chilled Juice and Fresh Fruit Awesome Milk
<b>March 26</b> Guava Strawberry Flip Chilled Juice and Fresh Fruit Mineral Packed Milk	<b>March 27</b> Apple Roll Chilled Juice and Fresh Fruit Tasty Milk	<b>March 28</b> No School Today	<b>March 29</b> No School Today	<b>March 30</b> No School Today

## 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

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MENUS SUBJECT TO CHANGE

# Iroquois Junior and High School Lunch Menu - March 2018



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## The Grille

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

## The Garden

Options May Include: Soup and Salad  
Bar, Soup and Deli Bar, Chef Salads, or  
Create Your Own Bowl.

## The Pizzeria

Selections May Include:  
Broccoli & Cheese Pizza  
California Chicken Bacon Ranch Pizza  
Hot Buffalo Chicken Pizza  
Mexican Pizza  
Mozzarella Cheese Pizza  
Pepperoni Pizza  
Veggie Pizza

## Grab & Go

A wide variety of sandwiches, wraps,  
and specialty salads are available on  
Tuesdays and Thursdays. However,  
you may request them on a daily basis.

## The Deli

Options May Include:  
Buffalo Chicken  
Ham & Cheese  
Oven Roasted Turkey and Cheese  
Spicy Buffalo Chicken  
Tuna Salad

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>March 1</b> Homestyle Macaroni and Cheese with Bread Slice Seasoned Green Beans Diced Pears Nutritious Milk	<b>March 2</b> Popcorn Chicken Wrap Sweet Potato Fries Tropical Fruit Salad Mineral Packed Milk  Meatless Options Available
<b>March 5</b> Deluxe Beefsteak Hoagie Cheesy Refried Beans Sliced Pears Amazing Milk	<b>March 6</b> Chicken & Broccoli Casserole with Soft Pretzel Sweet Potatoes and Apples Sliced Pears Amazing Milk	<b>March 7</b> Hot Pork Sandwich Fluffy Mashed Potatoes with Gravy Colorful Apples Awesome Milk <b>Spin the Wheel 9-12</b> <b>Lucky Lotto 7-8</b>	<b>March 8</b> Buffalo Chicken Stromboli Golden Yellow Corn Mixed Fruit Super Milk	<b>March 9</b> Stuffed Crust Pizza Glorious Green Beans Diced Peach Fruit Cup Refreshing Milk  Meatless Options Available
<b>March 12</b> Sweet and Sour Meatballs over Rice with Dinner Roll Roasted Broccoli Fresh Apple Mineral Packed Milk	<b>March 13</b> Breaded Chicken Parmesan over Pasta with Roll Honey Roasted Carrots Pineapple Tidbits Vitamin Packed Milk	<b>March 14</b> Ham and Potato Au Gratin with Soft Pretzel Garden Sweet Peas Diced Pears Chilled Milk	<b>March 15</b> Roni Rolls Creamy Coleslaw Peach Cups Vitamin Packed Milk	<b>March 16</b> BBQ Chicken Dunkers Three Bean Salad Applesauce Cups Tantalizing Milk <b>Shamrock Treat</b>  Meatless Options Available
<b>March 19</b> Pierogie Roll-Ups with Bread Cauliflower with Cheese Cinnamon Apple Slices Choice of Milk	<b>March 20</b> Burrito Bowl Steamed Broccoli Cuts Power Gelatin Delicious Milk  	<b>March 21</b> BBQ Pork on a Bun Zesty Baked Beans Diced Peach Fruit Cup Happy Milk <b>Frosted Cake Treat</b>	<b>March 22</b> Popcorn Chicken Bowl with Bread Slice Sweet Corn "Off-the-Cob" Mixed Fruit Wonder Milk	<b>March 23</b> Fish Sandwich Oven Baked French Fries Chilled Applesauce Refreshing Milk
<b>March 26</b> Hot Dog on a Bun with Pasta Salad Tasty Tator Tots Fresh Orange Smiles Cool Milk	<b>March 27</b> TNG Burger on a Bun Flavorful Green Beans Colorful Fruit Choices Frosty Milk <b>March Madness Contest</b>	<b>March 28</b> No School Today	<b>March 29</b> No School Today	<b>March 30</b> No School Today
Chicken Nuggets/Sticks/ Strips with Soft Pretzel Soup and Salad Bar	Create Your Own Bowl Chef Salads Deli Sandwiches or Wraps	Corn Dog Nuggets or Sticks Soup and Deli Bar	Deli Sandwiches, Assorted Paninis, or Wraps Soup and Salad Bar	Breaded Chicken Patty on a Bun Soup and Salad Bar

## Accompaniments

\*Must take at least one 1/2 cup of fruit or vegetable  
\*Vegetables includes: \*Fruits include:  
Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber  
Crisp Apple  
Banana  
Fresh Orange  
Classic Applesauce  
Mandarin Oranges  
Sliced Peaches  
Diced Pears  
Pineapple Tidbits

## Milk

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



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

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