

ICHS Lunch Menu				October 2020	
	Monday	Tuesday	Wednesday	Thursday	Friday
Sep 28-Oct 2	Hot Dog OR	Calzone Or	Spicy Chicken Sandwich OR	Brave Burger OR	French Bread Pizza OR
	Cheeseburger	Cheese Breadsticks	Beef Tenderloin	BBQ Rib Sandwich	Chicken Tenders, BBQ Sauce
	French Fries	Broccoli	Carrots/dip	Celery/PB Cup	Baked Beans
	Oranges	Apples	Mixed Fruit	Peaches	Applesauce, Lettuce
	Ketchup Mustard	Marinara Sauce, Cookie	Fruit roll-up	Mini Rice Krispie Treat	Graham Cracker
	Milk	Milk	Milk	Milk	Milk
Oct 5-9	Popcorn Chicken OR	Corn Dog OR	Brave Burger OR	Beef & Cheese Burrito OR	Stuffed Cheese Pizza OR
	Deep Dish Cheese Pizza	Pulled BBQ Pork Sandwich	Grilled Cheese Sandwich	Cheese Quesdilla	Chicken Rings, BBQ dip
	Carrots/dip	Texas Beans	Corn	Cucumbers/dip	Broccoli
	Applesauce, Giant Goldfish	Lettuce, Ranch pkt	Peaches	Salsa, Sour Cream	Apples
	BBQ dip	Banana, Juice Cup	Chocolate Cookies	Pears, Goldfish	Fruit Snack
	Milk	Milk	Milk	Milk	Milk
Oct 12-16					
	Fall	Fall	Fall	Fall	Fall
	Break	Break	Break	Break	Break
Oct 19-23	Spicy Chicken Tenders OR	Cheese Breadsticks OR	BBQ Rib Sandwich OR	Stuffed Pepperoni Pizza OR	Pork Tenderloin OR
	Chicken Nuggets, BBQ Cup	Deep Dish Pizza	Fish Sandwich, Tartar Sauce	Grilled Cheese	Breaded Chicken Sandwich
	Corn	Baked Beans, Fruit Snack	Carrots/dip	Green Beans	Broccoli
	Banana	Lettuce, Ranch pkt	Mixed Fruit	Applesauce	Lettuce & Tomato
	Cheez-its Crackers	Oranges, Marinara Sauce	Giant Goldfish	Chocolate Cookies	Pears, Pretzels
	Milk	Milk	Milk	Milk	Milk
Oct 26-30	Hot Dog OR	Calzone Or	Spicy Chicken Sandwich OR	Brave Burger OR	French Bread Pizza OR
	Cheeseburger	Cheese Breadsticks	Beef Tenderloin	BBQ Rib Sandwich	Chicken Tenders, BBQ Sauce
	French Fries	Broccoli	Carrots/dip	Celery/PB Cup	Baked Beans
	Oranges	Apples	Mixed Fruit	Peaches	Applesauce, Lettuce
	Ketchup Mustard	Marinara Sauce, Cookie	Fruit roll-up	Mini Rice Krispie Treat	Graham Cracker
	Milk	Milk	Milk	Milk	Milk