

ICHS Lunch				October 2019	
	Monday	Tuesday	Wednesday	Thursday	Friday
Sep 30-Oct 4	Cheeseburger OR Breaded Chicken Sandwich Corn Lettuce, Tomato Pears, Pretzels Milk	Deep Dish Pepperoni Pizza OR Cheese Breadsticks Marinara Sauce Baked Beans, Salad Orange Slices Milk	BBQ Rib Sandwich OR Cheesy Brave Burger Carrots Fruit Cocktail Goldfish Crackers Milk	Loaded Nachos OR Cheesy Quesadilla Salsa, Pepper Rings Cucumbers, Apple Slices Sour Cream Graham Crackers, Milk	Chicken Nuggets OR Spicy Chicken Sandwich Broccoli Banana Giant Goldfish Milk
Oct 7-11	Beef Tenderloin Sandwich Meatball Sub/Cheese Cup Carrots Fruit Cocktail Pickle Spear Goldfish, Milk	Hot Dog OR Sloppy Joe French Fries Oranges Fruit Snack Milk	Cheese Breadsticks/ Marinara Sauce OR Chicken Alfredo with Garlic Toast Broccoli, Apple Slices Fruit Snack, Milk	Chicken Fries OR French Bread Pizza Baked Beans, Salad Peaches Giant Goldfish Milk	Calzone OR Spicy Chicken Tenders Green Beans Pears Milk
Oct 14-18	FALL BREAK	FALL BREAK	FALL BREAK	FALL BREAK	FALL BREAK
Oct 21-25	Pulled BBQ Pork Sandwich OR Stuffed Crust Pizza Broccoli Applesauce Milk	Breaded Chicken OR Pork Tenderloin Sandwich Lettuce, Tomato Texas Beans, Salad Pears Milk	Biscuit & Gravy OR French Toast Sausage Carrots Banana Milk	Cheese Quesadilla OR Chicken Taco Salad/Boat Corn Lettuce, Salsa Apple Slices Goldfish, Milk	Cheesy Brave Burger OR Grilled Cheese Sandwich Tomato Soup Crackers Celery/PB Peaches, Milk
Oct 28-Nov 1	Popcorn Chicken OR Deep Dish Cheese Pizza Carrots/Dip Applesauce Giant Goldfish Milk	Chicken & Noodles OR Chicken Tenders Mashed Potatoes Fruit Cocktail Roll Milk	County Fair Corn Dog OR Pork Tenderloin Sandwich Texas Beans, Salad Lettuce, Tomato Banana, Juice Cup Milk	Lasagna/Cheese Cup OR Beef & Cheese Burrito OR Green Beans Pears Bug Bites Milk	Pepperoni Pizza Fish Sandwich Broccoli, Lettuce Apple Slices Chortles Milk