

ICHS Lunch

January 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Week 1		Cheeseburger Grilled Chicken Sandwich Carrots Lettuce, Tomato Pears, Pretzels Milk	Deep Dish Pizza Cheese Breadsticks Marinara Sauce Baked Beans, Salad Peaches Milk	Beef & Cheese Burrito Cheese Quesadilla Salsa, Pepper Rings Cucumbers, Banana Sour Cream Graham Crackers, Milk	Chicken Nuggets Breaded Mozz Sticks Broccoli Apple Cracker Milk
	9	10	11	12	13
Week 2	Beef Tenderloin Sandwich Spicy Chicken Sandwich Green Beans Pears Goldfish Milk	Hot Dog Sloppy Joe French Fries Fruit Cocktail Cookie Milk	Biscuit and Gravy Sausages Carrots Banana Goldfish Milk	Cheese Breadsticks w/ Marinara Sauce Calzone Broccoli, Apple Fruit Snack Milk	Chicken Tenders French Bread Pizza Baked Beans/Salad Peaches Graham Crackers Milk
	16	17	18	19	20
Week 3	No School Rev. Martin Luther King Day	State Fair Corn Dog Pulled BBQ Pork Sandwich Corn Banana Juice Cup Milk	Popcorn Chicken Deep Dish Cheese Pizza Carrots/Dip Applesauce Giant Goldfish Milk	Pepperoni Bosco Stick Chicken Chunks Broccoli Fruit Cocktail Goldfish Crackers Milk	Breaded Chicken Sandwich Pork Tenderloin Sandwich w/Lettuce & Tomato Texas Beans, Salad Pears Milk
	23	24	25	26	27
Week 4	BBQ Rib Sandwich Spicy Chicken Tenders Broccoli Fruit Cocktail Goldfish Crackers Milk	Stuffed Crust Pizza Breaded Mozz Sticks Green Beans Banana Marinara, Mini RKT Milk	Loaded Nachos Lettuce, Salsa Corn Peaches Sour Cream, Pepper Rings Milk	BBQ Chicken Sandwich Corn Dog Nuggets Texas Beans, Salad Applesauce Cookie Milk	Grilled Cheese Sandwich Brave Burger Tomato Soup/Crackers Carrots Pears Milk
	30	31			
Week 5	Deep Dish Pizza Cheese Breadsticks Marinara Sauce Baked Beans, Salad Peaches Milk	Cheeseburger Grilled Chicken Sandwich Carrots Lettuce, Tomato Pears, Giant Gold Fish Milk			

Subject to change

This Institution is an Equal Opportunity Provider