

# ICES/IS Lunch

# Sept 2023

|        | Monday           | Tuesday            | Wednesday                | Thursday                   | Friday                |
|--------|------------------|--------------------|--------------------------|----------------------------|-----------------------|
|        |                  |                    |                          |                            | 1                     |
| Week 1 |                  |                    |                          |                            | Beef n Cheese Burrito |
|        |                  |                    |                          |                            | Cucumber              |
|        |                  |                    |                          |                            | Ranch                 |
|        |                  |                    |                          |                            | Juice                 |
|        |                  |                    |                          |                            | Cheese Stick          |
|        |                  |                    |                          |                            | Milk                  |
|        | 4                | 5                  | 6                        | 7                          | 8                     |
| Week 2 |                  | Pizza              | Breaded Chicken Sandwich | Macaroni & Cheese          | Hot Dog on Bun        |
|        | No School        | Salad/Dressing     | Carrots/Ranch pkt        | Green Beans                | Chili Beans           |
|        | Labor Day        | Pears              | Oranges                  | Apples                     | Peaches               |
|        |                  | Pudding            | Fruit Snacks             | Jello                      | Pretzels              |
|        |                  | Milk               | Milk                     | Milk                       | Milk                  |
|        | 11               | 12                 | 13                       | 14                         | 15                    |
| Week 3 | Hamburger on Bun | Chicken Nuggets    | Grilled Cheese Sandwich  | Spaghetti w/Meatsauce      | Calzone               |
|        | French Fries     | Baked Beans        | Cucumber Slices          | Salad                      | Carrots               |
|        | Pickles          | Juice              | Peaches                  | Pears                      | Ranch Dip             |
|        | Applesauce       | Cheddar Goldfish   | Teddy Grahams            | Jello                      | Apple Slices          |
|        | Fruit Snack      | Milk               | Milk                     | Milk                       | Rice Krispy Treat     |
|        | Milk             |                    |                          |                            | Milk                  |
|        | 18               | 19                 | 20                       | 21                         | 22                    |
| Week 4 | Popcorn Chicken  | Cheese Quesadilla  | Meatball Sub             | Turkey & Noodles           | Pizza                 |
|        | Green Beans      | Refried Beans      | Carrots                  | Mashed Potatoes            | Broccoli              |
|        | Pineapple        | Shredded Lettuce   | Applesauce               | Applesauce                 | Peaches               |
|        | Cheez-Its        | Frozen Fruit Treat | Pretzels                 | Jello w/topping            | Pretzels              |
|        | Milk             | Milk               | Milk                     | Milk                       | Milk                  |
|        | 25               | 26                 | 27                       | 28                         | 29                    |
| Week 5 | Chicken Tenders  | BBQ Sandwich       | Mini Corn Dogs           | French Toast, Egg, Sausage | Beef n Cheese Burrito |
|        | Corn             | Salad w/ranch      | Baked Beans              | Carrots                    | Cucumber              |
|        | Fruit Cocktail   | Peaches            | Banana                   | Applesauce                 | Ranch                 |
|        | Cheddar Goldfish | Fruit Snack        | Pudding                  | Juice                      | Frozen Fruit Treat    |
|        | Milk             | Milk               | Milk                     | Milk                       | Cheese Stick          |
|        |                  |                    |                          |                            | Milk                  |

Subject to change

This Institution is an Equal Opportunity Provider