

This menu is served the weeks of: 8/1, 8/22, 9/12, 10/3, 10/24, 11/14, 12/5, 1/9, 1/30, 2/20, 3/13, 4/3, 4/24, 5/15



Breakfast & Lunch Menus

Monday

Blueberry Waffle^{PK} OR
Choice of any 2 items:
Cereal, Cinnamon Gripz[®], Graham Crackers,
Trix[™] Raspberry Yogurt
Craisins[®]
Apple or Orange Juice^{PK}

Homestyle Chicken Bites^{PK} OR
Macaroni & Cheese Bowl OR
Vegan Burger on Bun OR
Power Pack: *Jalapeno Cheese Cup and Spicy Sunflower Seeds with Tostitos*
Broccoli Florets^{PK} and/or Baby Carrots
Red Apple Slices^{PK} and/or Peach Cup
Whole Grain Cornbread Muffin

Tuesday

Breakfast Burrito^{PK}, OR
Choice of any 2 items:
Cereal, Cinnamon Pop-tart,[®] Graham Crackers
Craisins^{® PK}
Apple or Orange Juice

BBQ Pork* Rib on Bun OR
Cheese Pizza^{PK} OR
Red Beans & Rice OR
Power Pack: *Yogurt, Mozzarella Cheese Stick, Blueberry Lemon Crackers*
Whole Kernel Corn^{PK} and/or Cauliflower Florets
Red Grapes and/or Strawberry Applesauce Cup^{PK}

Wednesday

Strawberry Cream Cheese Mini Bagels OR
Choice of any 2 items:
Cereal^{PK}, Graham Crackers, Cinnamon Gripz[®]
Trix[™] Strawberry Banana Yogurt
Craisins[®]
Apple or Orange Juice^{PK}

Beef Nachos w/ Jalapeno Cheese & Salsa Cup^{PK} OR
Breaded Pork* Chop OR
Three-Bean Chili OR
Power Pack: *Sunbutter Sandwich and Cheddar Cheese Stick*
Tater Tots^{PK} and/or Cucumber Slices
Banana^{PK} and/or Apricot Cup
Tostitos^{®PK}

Thursday

Ham & Cheese on Hawaiian^{PK} OR
Choice of any 2 items:
Cereal, Strawberry Pop-tart,[®] Graham Crackers
Craisins^{® PK}
Apple or Orange Juice

Beef & Cheese Taco Stick OR
Chicken Smackers^{PK} OR
Bean Burrito OR
Power Pack: *Co-Jack[®] Cheese Cubes, Sunflower Seeds, Sun Chips[®]*
Kyoto Blend Vegetables^{PK} and/or Romaine Salad with Grape Tomatoes
Strawberry Cup and/or Smoothie Bowl^{PK}
Dinner Roll

Friday

Apple Cinnamon Texas Toast^{PK} OR
Choice of any 2 items:
Cereal, Cinnamon Gripz[®], Graham Crackers,
Trix[™] Cherry Yogurt
Craisins^{® PK}
Apple or Orange Juice

Hot Dog on Coney Bun^{PK} OR
FiestaBoli OR
Pasta w/ White Beans & Marinara OR
Power Pack: *Yogurt and Mozzarella Cheeses Stick with Cheez-It Crackers*
Baked Beans^{PK} and/or Chili-Lime Carrots
Mixed Fresh Fruit^{PK} and/or Mandarin Orange Cup

Visit the Flavor Station to customize your lunch w/Ranch, French, Hot Sauce, BBQ Sauce, Parmesan Cheese, Mrs. Dash, Ketchup, Mustard, or Salad Dressing.



All meals include choice of Milk: 1% White^{PK} or Fat-free Chocolate
Breakfast & lunch served at no charge to all IPS students. | Breakfast served a minimum of 15 minutes prior to the school day.
Please note this menu is subject to change. | This institution is an equal opportunity provider. | *Pork Product | ^{PK}Pre-K Menu

This menu is served the week of: 8/8, 8/29, 9/19, 10/10 10/31, 11/21, 12/12, 1/16, 2/6, 2/27, 3/20, 4/10, 5/1, 5/22



Breakfast & Lunch Menus

Monday

StrawberryBoli^{PK} OR
Choice of any 2 items:
Cereal, Cinnamon Gripz[®], Graham Crackers,
*Trix*TM Raspberry Yogurt
Craisins^{®PK}
Apple or Orange Juice

Breaded Chicken Filet on Bun^{PK} OR
BBQ Beef Rib on Whole Grain Bun OR
Vegan Burger on Bun OR
Power Pack: *Jalapeno Cheese Cup and Spicy Sunflower Seeds with Tostitos*
Green Peas^{PK} and/or Baby Carrots
Red Apple Slices and/or Peach Cup^{PK}

Tuesday

Chicken Sausage on Pancakes^{PK} OR
Choice of any 2 items:
Cereal, Cinnamon Pop-tart[®], Graham Crackers
Craisins^{PK}
Apple or Orange Juice ^{PK}

Pasta w/ Marinara & Beef Meatballs^{PK} OR
Cheese Pizza OR
Red Beans & Rice OR
Power Pack: *Yogurt, Cheddar Cheese Stick, Blueberry Lemon Crackers*
Seasoned Green Beans^{PK} and/or Celery Sticks
Red Grapes^{PK} and/or Peach Mango Applesauce Cup
Mozzarella Stuffed Breadstick

Wednesday

Chocolate Chip Waffle^{PK} OR
Choice of any 2 items:
Cereal, Cinnamon Gripz[®], Graham Crackers,
*Trix*TM Strawberry Banana Yogurt
Craisins^{®PK}
Apple or Orange Juice

Breaded Chicken Tenders^{PK} OR
Pasta Alfredo Bowl OR
Three Bean Chili OR
Power Pack: *Sunbutter Sandwich and Cheddar Cheese Stick*
Home Fries and/or Cucumber Slices^{PK}
Banana and/or Cinnamon Applesauce Cup ^{PK}
Maple Waffle

Thursday

Breaded Chicken on Waffles^{PK} OR
Choice of any 2 items:
Cereal, Strawberry Pop-tart[®], Graham Crackers,
Craisins^{PK}
Apple or Orange Juice ^{PK}

Mini Chicken Corn Dogs^{PK} OR
Cheesy Pull-Aparts, Southwest Queso OR
Bean Burrito OR
Power Pack: *Co-Jack[®] Cheese Cubes, Sunflower Seeds, SunChips[®]*
Baked Beans^{PK} and/or Romaine Salad with Grape Tomatoes
Strawberry Cup and/or Smoothie Bowl^{PK}

Friday

PillsburyTM Apple Frudel OR
Choice of any 2 items:
Cereal^{PK}, Cinnamon Gripz[®], Graham Crackers,
*Trix*TM Cherry Yogurt
Craisins^{®PK}
Apple or Orange Juice

Stuffed Pepperoni Sandwich^{PK} OR
Green Chile Chicken & Bean Burrito OR
Pasta w/ White Beans & Marinara OR
Power Pack: *Yogurt and Mozzarella Cheeses Stick with Cheez-It Crackers*
Broccoli Florets^{PK} and/or Chili-Lime Carrots
Orange Wedges and/or Red Apple Slices^{PK}

Visit the Flavor Station to customize your lunch w/Ranch, French, Hot Sauce, BBQ Sauce, Parmesan Cheese, Mrs. Dash, Ketchup, Mustard, or Salad Dressing.



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Breakfast & Lunch Menus

Monday

Maple Waffle^{PK} OR

Choice of any 2 items:

Cereal, Cinnamon Gripz[®], Graham Crackers,
Trix[™] Raspberry Yogurt

Craisins[®]

Apple or Orange Juice^{PK}

Mozzarella-stuffed Whole Grain Breadsticks w/Marinara OR

Cheeseburger on Whole Grain Bun^{PK} OR

Vegan Burger on Bun OR

Power Pack: *Jalapeno Cheese Cup and Spicy Sunflower Seeds with Tostitos*

Whole Kernel Corn^{PK} and/or Baby Carrots

Red Apple Slices^{PK} and/or Peach Cup

Tuesday

Chicken Sausage on Biscuit^{PK} OR

Choice of any 2 items:

Cereal, Cinnamon Pop-tart,[®] Graham Crackers

Craisins[®]^{PK}

Apple or Orange Juice

Pork Chop* on Bun^{PK} OR

Beef, Bean & Cheese Burrito OR

Red Beans & Rice OR

Power Pack: *Yogurt, Mozzarella Cheese Stick, Blueberry Lemon Crackers*

Taco Fiesta Black Beans and/or Romaine Salad with Carrots^{PK}

Red Grapes and/or Strawberry Applesauce Cup^{PK}

Wednesday

Breakfast Pizza^{PK} OR

Choice of any 2 items:

Cereal, Cinnamon Gripz,[®] Graham Crackers,
Trix[™] Strawberry Banana Yogurt

Craisins[®]^{PK}

Apple or Orange Juice

Sausage* Links & French Toast Sticks^{PK} w/ Syrup OR

Mini Cheeseburger Twins OR

Three Bean Chili OR

Power Pack: *Sunbutter Sandwich and Cheddar Cheese Stick*

Home Fries^{PK} and/or Cucumber Slices

Banana^{PK} and/or Mango Peach Applesauce Cup

Banana Muffin

Thursday

Turkey Sausage Pancake on Stick^{PK} OR

Choice of any 2 items:

Cereal, Strawberry Pop-tart,[®] Graham Crackers

Craisins[®]

Apple or Orange Juice^{PK}

Chicken Drumstick OR

Pepperoni Pizza^{PK}

Bean Burrito OR

Power Pack: *Co-Jack[®] Cheese Cubes, Sunflower Seeds, Sun Chips[®]*

Broccoli Florets^{PK} and/or Baby Carrots

Strawberry Cup and/or Smoothie Bowl^{PK}

Whole Grain Cornbread Muffin

Friday

Pillsbury[™] Mini Cinnis OR

Choice of any 2 items:

Cereal^{PK}, Cinnamon Gripz[®], Graham Crackers,
Trix[™] Cherry Yogurt

Craisins[®]^{PK}

Apple or Orange Juice

Hamburger on Bun^{PK} OR

Grilled Cheese OR

Pasta w/ White Beans & Marinara OR

Power Pack: *Yogurt and Mozzarella Cheeses Stick with Cheez-It Crackers*

Baked Beans^{PK} and/or Chili-Lime Carrots

Red Apple Slices and/or Mandarin Orange Cup^{PK}

Doritos[®] White Nacho

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