

# ICHS Lunch

# January 2019

|               | Monday                               | Tuesday                  | Wednesday                | Thursday              | Friday                |
|---------------|--------------------------------------|--------------------------|--------------------------|-----------------------|-----------------------|
| Jan 7-11      | Christmas Break<br><br><br>No School | Popcorn Chicken OR       | Pork Tenderloin Sandwich | Spaghetti/Cheese Cup  | Beef & Cheese Burrito |
|               |                                      | French Bread Pizza       | OR Chicken Patty         | OR Corn Dog           | OR Fish Sandwich      |
|               |                                      | Carrots/Dip              | Texas Beans              | Green Beans           | Broccoli, Lettuce     |
|               |                                      | Applesauce               | Lettuce, Tomato          | Fruit Cocktail        | Apple Slices          |
|               |                                      | Giant Goldfish           | Banana, Juice Cup        | Bug Bites             | Chortles              |
|               |                                      | Milk                     | Milk                     | Milk                  | Milk                  |
| Jan 14-18     | Cheeseburger OR                      | Pepperoni Pizza OR       | Chicken & Noodles OR     | Taco Salad/Cheese Cup | Spicy Chicken OR      |
|               | Grilled Chicken/Cheese               | Cheese Breadsticks/      | Chicken Tenders          | OR Cheese Quesadilla  | Chicken Nuggets       |
|               | Cucumbers/Dip                        | Marinara Sauce           | Mashed Potatoes          | Chips/Salsa, Lettuce  | Broccoli              |
|               | Lettuce, Tomato                      | Baked Beans, Lettuce     | Fruit Cocktail           | Carrots, Apple Slices | Banana                |
|               | Pears, Goldfish Crackers             | Orange Slices            | Roll                     | Sour Cream            | Giant Goldfish        |
|               | Milk                                 | Milk                     | Milk                     | Graham Crackers, Milk | Milk                  |
| Jan 21-25     | MLK Day<br><br><br>No School         | Chicken Patty OR         | Chicken Chips OR         | Meatball Sub OR       | Chili/Cheese Cup      |
|               |                                      | Pork Tenderloin Sandwich | Pepperoni Rippers        | Pizza Casserole       | Cheesy Brave Burger   |
|               |                                      | Texas Beans              | Carrots/Ranch            | Cheese Cup            | Crackers              |
|               |                                      | Lettuce, Tomato          | Peaches                  | Broccoli              | Celery/PB             |
|               |                                      | Pears                    | Giant Goldfish           | Apple Slices          | Banana                |
|               |                                      | Milk                     | Milk                     | Milk                  | Milk                  |
| Jan 28- Feb 1 | Beef Tenderloin Sandwich             | Hot Dog OR               | Biscuit & Gravy OR       | Chicken Taco Salad/   | Cheese Breadsticks/   |
|               | OR Spicy Chicken Tenders             | Sloppy Joe               | Pancakes/Syrup           | Cheese OR Chalupa     | Marinara Sauce OR     |
|               | Baked Beans, Lettuce                 | French Fries             | Sausage                  | Cucumbers             | Chicken Alfredo       |
|               | Fruit Cocktail                       | Oranges                  | Carrots                  | Lettuce, Salsa        | Broccoli              |
|               | Pickle Spear                         | Fruit Snack              | Banana                   | Pears                 | Apple Slices          |
|               | Giant Goldfish, Milk                 | Milk                     | Milk                     | Goldfish, Milk        | Fruit Snack, Milk     |