**For Lunch, students should choose a minimum of 3 full components of the 5 offered, one of which should include a fruit or veggie.**

# INTEGRATED DAY CHARTER SCHOOL
# LUNCH MENU
## ~*~*~*~*~DECEMBER 2017*~*~*~*~*~
## STUDENT LUNCH $3.25
ADULT HOT LUNCH $4.00

Milk, Fruit & Veggies Served with ALL Lunches.

Milk; Skim, 1%, FF Chocolate, coffee flavored milk or Strawberry **$.50**
Switch **$1.25**
ICE CREAM **$.75**
*(Friday only)*

Adult Grab and Go Items are $4.00 and include an extra fruit or veggie and a milk of your choice

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Some of IDCS Students' Hot Lunch Favorites | | Menu Subject to Change due to availability. | | 1<br>Noon Dismissal<br>Teacher PD<br>No Lunch Served |
| 4<br>Breakfast Bake<br>Scrambled Eggs<br>Hash Browns & Cheese Baked With WG Biscuit Topping<br>Chicken Sausage<br>Veggie Fruit Juice<br>Fruit | 5<br>Chicken & Cheese Quesadilla<br>Salsa<br>Oven Baked Sweet Potatoes<br>Cajun Roasted Carrots<br>Berry Lemon Pudding Parfait | 6<br>Cheesy Ranch Pierogi<br>Roasted Turkey Stick<br>WG Roll<br>Marinara Sauce<br>Caesar Salad<br>Fruit<br>**2/3 Field Trip** | 7<br>Oven Fried Chicken<br>Baked Beans<br>Zesty Corn Niblets<br>Corn Muffin<br>Fruit | 8<br>WG Cheese Pizza<br>Crisp Veggies<br>Veggie Juice<br>Frozen Fruit Cup<br>**All School: Pod A** |
| 11<br>Blueberry Pancakes<br>Sweet Potato Tots<br>Chicken Bacon<br>Fruit Yogurt<br>Veggie Fruit Juice<br>Fruit | 12<br>Beef & Broccoli Stir Fry Over Brown Rice<br>WG Roll<br>Soy Edamame<br>Apple Sauce<br>Fortune Cookie | 13<br>Cheese Ravioli<br>Marinara Sauce<br>Caesar Salad<br>Crisp Veggies<br>WG Roll<br>Fresh Fruit | 14<br>Cheese Burger<br>WG Roll<br>Cheese & Beef Patty<br>Ketchup<br>Ranch Chick Peas<br>Sweet Peas<br>Fruit | 15<br>WG Cheese Pizza<br>Crisp Veggies<br>Veggie Juice<br>Frozen Fruit Cup<br>**All School: Pod B** |
| 18<br>The McCharter<br>Egg Patty<br>Chicken Bacon & Cheese<br>English Muffin<br>Hash Brown Patty<br>Veggie Fruit Juice<br>Fruit<br>**I.D.E.A Meeting: 6pm** | 19<br>Sloppy Joe<br>WG Roll<br>Seasoned Beef<br>Sweet Potato Fries<br>Steamed Green Beans<br>Fruit | 20<br>WG Pasta with Meat Sauce (Beef)<br>WG Roll<br>Caesar Salad<br>Crisp Veggies<br>Fresh Fruit<br>**Board Meeting: 5:30pm** | 21<br>Black Bean & Corn Enchilada, Salsa<br>Spanish Rice<br>Steamed Broccoli<br>Fresh Fruit | 22<br>Noon Dismissal<br>Holiday Break<br>No Lunch Served<br> |
| 25/31<br>No School Holiday Break | 26<br>No School Holiday Break | 27<br>No School Holiday Break | 28<br>No School Holiday Break | 30<br>No School Holiday Break |

**Alternative Lunch Options**

Commonly referred to as Grab 'n Go, available for order daily as an alternative to the scheduled hot lunch.
All lunches include a variety of Fruits & Veggies, a Milk, a Whole Grain & a Protein.

**Salad Lunches**
Chef Salad Lunch
Chicken Caesar Salad Lunch
Caesar Salad Lunch
Tossed Salad Lunch

**Sandwich Lunches**
Ham Sandwich Lunch
Turkey Sandwich Lunch
Tuna Sandwich Lunch

**Fun Lunches**
WG Bagel Lunch and yogurt