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