**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
## ~*~*~*~*~JANUARY 2018*~*~*~*~*~
## 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 |
|---|---|---|---|---|
| 1<br>**Winter Recess** | **2 WG Mozzarella Sticks & Chicken Tenders**<br>Ketchup<br>WG Slider Roll<br>Maple Baked Beans<br>Honey Carrots<br>Apple Sauce | **3 Cheesy Ranch Pierogi**<br>Roasted Turkey Stick<br>WG Roll<br>Marinara Sauce<br>Caesar Salad<br>Fruit | **4 BBQ Chicken**<br>Three Bean Honey Baked Beans<br>Steamed Broccoli<br>Corn Muffin<br>Fruit | 5<br>**Noon Dismissal Teacher Profession Development**<br>**No Lunch Served** |
| **8 WG French Toast Sticks,**<br>Syrup<br>Chicken Sausage Links<br>Sweet Potato Tots<br>Veggie Juice<br>Fruit | **9 Honey Mustard Glazed Popcorn Chicken**<br>WG Roll<br>Sweet Potato Fries<br>Italian Bean Salad<br>Fruit | **10 Chili Mac**<br>Tender WG Pasta<br>Ground Beef & 3 Cheeses<br>Topped W/ CrispCorn Tortilla<br>Tomato & Cucumber Salad<br>Fruit | **11 Grilled Cheese Flatbread**<br>Alphabet Tomato Soup<br>Crisp Veggies<br>Tropical Bean Salad<br>Fruit | **1 WG Cheese Pizza**<br>Crisp Veggies<br>Veggie Juice<br>Frozen Fruit Cup<br>**All School: Pod C** |
| 15<br>**No School Martin Luther King Jr. Day** | **16 Popcorn Chicken N Gravy**<br>Mashed Potatoes<br>Corn Niblets<br>WG Biscuit<br>Strawberries & Cream | **17 Chicken Parmesan Grinder,**<br>WG Sub Roll,<br>Chicken Patty, Marinara & Mozz<br>Sweet Potato Fries<br>Creamy Cole Slaw<br>Fruit<br>**"Eat the Rainbow Day"**<br>**Board Meeting: 5:30 p.m.** | **18 Cheese Burger.**<br>WG Roll,<br>Cheese and Beef Patty,<br>Ketchup<br>Ranch Chick Peas<br>Sweet Peas<br>Fruit<br>**I.D.E.A Game Night/Chili&Brownie Show Off,5:30 p.m.** | **19 WG Cheese Pizza**<br>Crisp Veggies<br>Veggie Juice<br>Frozen Fruit Cup<br>**All School: Specials** |
| **22 Breakfast Bake**<br>Scrambled, Eggs,<br>Hash Browns<br>Cheese Topping<br>WG Biscuit<br>Chicken Sausage<br>Veggie Fruit Juice<br>Fruit | **23 WG Turkey Tacos**<br>Soft Shells,<br>Seasoned Turkey Meat,<br>Cheese, Tomato & Lettuce<br>Confetti Brown Rice<br>Corn on the Cob<br>Fruit | **24 Crispy Fish Sticks**<br>IDCS Tartar Sauce<br>WG Roll +<br>Lettuce<br>Corn Niblets<br>Potato Wedges<br>Fruit | **25 All Beef Meatball Grinder**<br>Marinara Sauce and Mozz<br>WG Sub Roll<br>Sweet Potato Fries<br>Creamy Cole Slaw<br>Fruit | **26 WG Cheese Pizza**<br>Crisp Veggies<br>Veggie Juice<br>Frozen Fruit Cup<br>**All School: Pod A** |
| **29 The Mc Charter**<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: 6:00 p.m.** | **30 Black Bean and Corn Enchilada,**<br>Salsa<br>Spanish Rice<br>Steamed Broccoli<br>Fresh Fruit | **31 Ms. Dara's Sheppard's Pie**<br>Seasoned Ground Beef,<br>Mashed Potatoes,<br>Corn & Gravy<br>WG Roll<br>Steamed Green Beans<br>Fruit | | ***Menu Subject to Change due to Availability.*** |

**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