

INTEGRATED DAY CHARTER SCHOOL LUNCH MENU

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STUDENT LUNCH \$3.25

ADULT HOT LUNCH \$4.00

Milk, Fruit & Veggies Served with ALL Lunches.

Look For "The Riverside Dining Room at IDCS" Facebook Launch.



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>National School Breakfast Week March 5-9th</p> 	<p>Let's recognize the importance of eating a well-balanced, nutritious breakfast. All grades will join Chef Kim and team for FREE breakfast March 6th, 7th, & 8th in the dining room at their designated times.</p>	<p>Breakfast is served daily 7:45-8:10 am. Come down and see Ms. Dara she will help you choose from the many choices. Come fuel up to LEARN!</p>	<p>1 Baked Potato Bar Turkey and Bean Chili Broccoli w/ Cheese Roasted Cauliflower Steaks WG Roll, Fruit</p>	<p>2 Noon Dismissal Teacher Professional Development</p>
<p>5 Breakfast Stuffed Baked Potato Skin Scrambled Eggs, Cheese Chicken Sausage WG Bagel Veggie Fruit Juice Fruit Book Fair: All Day</p>	<p>6 Noon Dismissal Student Led Conferences <u>Free Breakfast</u> <u>Pre-K - 3rd grade</u> <u>Egg and cheese</u> <u>Quesadilla + Juice</u> Report Cards Book Fair: 5-7 p.m.</p>	<p>7 Noon Dismissal Student Led Conferences <u>Free Breakfast</u> <u>4th - 6th grade</u> <u>Green Eggs and Ham</u> <u>Wrap + Juice</u> <i>(also available with no ham)</i> Book Fair: 5-7 p.m.</p>	<p>8 Noon Dismissal Student Led Conferences <u>Free Breakfast</u> <u>7th - 8th grade</u> <u>Breakfast Boat + Juice</u> <u>Hash browns</u> <u>Scramble and Cheese</u> Book Fair: 12-3 p.m.</p>	<p>9 No School Teacher Professional Development</p>
<p>12 Egg and Cheese Quesadilla WW Wrap w/ Scrambled Eggs, & Cheese Hash Brown Veggie Fruit Juice Fruit</p>	<p>13 Sloppy Joe (Turkey) Sandwich WG Roll Sweet Potato Wedges Roasted Cauliflower Steaks Gelatin with Fruit</p>	<p>14 WG Pasta Bake Tender Pasta and Cheese, Marinara Sauce Turkey Stick WG Roll & Caesar Salad Corn Niblets Fruit</p>	<p>15 Steak Nachos Sautéed Shaved Steak Cheese Salsa Raw Broccoli and Dip Refried Beans Fruit</p>	<p>16 WG Stuffed Crust Cheese Pizza Crisp Veggies Veggie Juice Frozen Fruit Cup All School: Specials</p>
<p>19 Breakfast Boat Eggs, Cheese, Hash Browns Chicken Sausage Veggie Fruit Juice Fruit</p>	<p>20 Fish Sandwich WG Roll Fish Patty Tartar Sauce Sweet Potato Wedges Green Beans Gelatin with Fruit</p>	<p>21 Beef Stroganoff Cubed Beef WG Noodles Cream Sauce WG Roll Curried Carrots Fruit Board Meeting: 5:30 p.m.</p>	<p>22 Spanish Rice and Beans with Chicken Brown Rice, Diced Chicken, Vegetables, Spanish Seasoning Soft Tortilla Baked Sweet Plantains Staff vs Student BB Game 6-9 p.m.</p>	<p>23 WG Stuffed Crust Cheese Pizza Crisp Veggies Veggie Juice Frozen Fruit Cup All School: Pod A</p>
<p>26 The Mc Charter Egg Patty, Chicken Bacon, Cheese, French Toast Bagel Hash Brown Patty Veggie Fruit Juice Fruit I.D.E.A Meeting: 6:00 p.m.</p>	<p>27 Cheeseburger Sweet Potato Wedges Lettuce and Tomato Maple Baked Beans Gelatin with Fruit</p>	<p>28 Chicken and Broccoli Alfredo WG Pasta & Caesar Salad Honey Glazed Carrots Fruit Open House For Perspective Families</p>	<p>29 Oven Baked Chicken Tenders WG Roll Butternut Squash Fries Corn on the Cob Fruit</p>	<p>30 No School Good Friday</p>

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