


# IC SCHOOL CHARGERS

## September 2024

### BREAKFAST/LUNCH MENU

<b>MONDAY</b> 2	<b>TUESDAY</b> 3	<b>WEDNESDAY</b> 4	<b>THURSDAY</b> 5	<b>FRIDAY</b> 6
 <b>NO SCHOOL!</b>	<b>Breakfast:</b> Assorted Cereal Yogurt Fruit  <b>Lunch:</b> Teriyaki Chicken Brown Rice Veggies Fruit	<b>Breakfast:</b> Pancakes String Cheese Fruit/Juice  <b>Lunch:</b> Spaghetti with Meat Sauce Dinner Roll Veggies Fruit	<b>Breakfast:</b> Assorted Cereal Yogurt Fruit  <b>Lunch:</b> Hard Shell Turkey Tacos Pinto Beans Veggies Fruit	<b>Breakfast:</b> Breakfast Donut String Cheese Fruit/Juice  <b>Lunch:</b> Ham and Cheese Sandwich Chips Veggies Fruit
<b>Breakfast:</b> Assorted Cereal Yogurt Fruit  <b>Lunch:</b> Cheese Quesadilla Spanish Rice Veggies Fruit	<b>Breakfast:</b> Waffles String Cheese Fruit/Juice  <b>Lunch:</b> Macaroni & Cheese Dinner Roll Veggies Fruit	<b>Breakfast:</b> Assorted Cereal Yogurt Fruit  <b>Lunch:</b> Orange Chicken Brown Rice Egg Roll Veggies Fruit	<b>Breakfast:</b> Mini Cinni Rolls String Cheese Fruit/Juice  <b>Lunch:</b> Pork Soft Tacos Pinto Beans Veggies Fruit	<b>Breakfast:</b> Assorted Cereal Yogurt Fruit  <b>Lunch:</b> Chicken Sandwich French Fries Veggies Fruit
<b>Breakfast:</b> Assorted Cereal Yogurt Fruit  <b>Lunch:</b> Popcorn Chicken Smile Fries Veggies Fruit	<b>Breakfast:</b> Breakfast Bar String Cheese Fruit/Juice  <b>Lunch:</b> Pepperoni Pizza Salad Bar Fruit	<b>Breakfast:</b> Assorted Cereal Yogurt Fruit  <b>Lunch:</b> Taco in a Bag Ground Beef Pinto Beans Veggies Fruit	<b>Breakfast:</b> Assorted Muffin String Cheese Fruit/Juice  <b>Lunch:</b> Chili Cheese Fries Dinner Roll Veggies Fruit	<b>Breakfast:</b> Assorted Cereal Yogurt Fruit  <b>Lunch:</b> Grilled Cheese Sandwich Veggies Fruit

<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Breakfast:</b> Assorted Cereal String Cheese Fruit  <b>Lunch:</b> Chicken Tenders Mashed Potato Biscuit Veggies Fruit	<b>Breakfast:</b> Mini Pancakes Yogurt Fruit/Juice  <b>Lunch:</b> Turkey Hot Dog French Fries Veggies Fruit	<b>Breakfast:</b> Assorted Cereal String Cheese Fruit  <b>Lunch:</b> Chicken Alfredo Dinner Veggies Fruit	<b>Breakfast:</b> Sausage Biscuit Yogurt Fruit/Juice  <b>Lunch:</b> Cheeseburger Sweet Potato Fries Veggies Fruit	<b>Breakfast:</b> Assorted Cereal String Cheese Fruit  <b>Lunch:</b> Bean & Cheese Burrito Spanish Rice Veggies Fruit
<b>30</b>				
<b>Breakfast:</b> Assorted Cereal String Cheese Fruit  <b>Lunch:</b> Chicken Nuggets Curly Fries Veggies Fruit				

<b>Breakfast/Weekly Options:</b> <ul style="list-style-type: none"> <li>• Fresh fruit/canned</li> <li>• Fruit juice</li> <li>• Yogurt</li> <li>• String cheese</li> <li>• Milk: fat free/ 1% white</li> </ul>	<b>Lunch/Weekly Options:</b> <ul style="list-style-type: none"> <li>• Fresh/Canned fruit</li> <li>• Green salad</li> <li>• Mixed veggies</li> <li>• Milk: chocolate flavored, fat free, 1%</li> </ul>
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