



Breakfast & Lunch Menus

Monday

Breakfast Burrito ^{PK} OR

Choice of any 2 items:

Cereal, Cinnamon Gripz[®],
Trix[™] Raspberry Yogurt

Craisins[®]

Apple or Orange Juice^{PK}

Homestyle Chicken Bites^{PK} OR

Macaroni & Cheese Bowl OR

Vegan Burger on Bun OR

Power Pack: SunButter[®] Cup, Cheddar Cheese Stick, Cheez-It[®] Crackers

Broccoli Florets^{PK} and/or Baby Carrots

Red Apple Slices^{PK} and/or Peach Cup

Whole Grain Cornbread

Tuesday

Blueberry Waffle ^{PK} OR

Choice of any 2 items:

Cereal, Cinnamon Pop-tart[®]

Raisins^{PK}

Apple or Orange Juice

Beef Nachos w/ Jalapeno Cheese & Salsa Cup^{PK} OR

Breaded Pork* Chop OR

Italian Chickpea Grain Bowl OR

Power Pack: Yoplait[™] Yogurt, Cheddar Cheese Curds, Blueberry Lemon Crackers

Whole Kernel Corn^{PK} and/or Romaine Salad with Carrots

Red Grapes and/or Strawberry Applesauce Cup^{PK}

Tostitos

Wednesday

Pillsbury[™] Apple Frudel OR

Choice of any 2 items:

Cereal^{PK}, Cinnamon Gripz[®],
Trix[™] Strawberry Banana Yogurt

Craisins[®]

Apple or Orange Juice

BBQ Pork* Rib on Sub Bun ^{PK} OR

Cheese Pizza OR

Three-Bean Chili OR

Power Pack: Jalapeno Cheese Cup, Spicy Sunflower Seeds, Tostitos[®]

Roasted Potatoes^{PK} and/or Cucumber Slices

Banana^{PK} and/or Peach Mango Applesauce Cup

Sweet Potato Roll

Thursday

Mini Turkey Sausage Pancake Wrap ^{PK} OR

Choice of any 2 items:

Cereal, Strawberry Pop-tart[®]

Raisins

Apple or Orange Juice^{PK}

Cheeseburger Sliders ^{PK} OR

Breaded Orange Chicken & Rice Bowl OR

Bean Burrito OR

Power Pack: Co-Jack[®] Cheese Cubes, Sunflower Seeds, Sun Chips[®]

Kyoto Blend Vegetables^{PK} and/or Romaine Salad with Grape Tomatoes

Juice and/or Cinnamon Applesauce Cup^{PK}

Friday

Egg, Cheese & Turkey Bacon Pizza ^{PK} OR

Choice of any 2 items:

Cereal, Cinnamon Gripz[®],
Trix[™] Cherry Yogurt

Craisins[®]

Apple or Orange Juice

Hot Dog on Coney Bun ^{PK} OR

Beef & Cheese Taco Stick OR

Pasta w/ White Beans & Marinara OR

Power Pack: Chocolate No-Nut Butter, Mozzarella Cheese Stick, Hartzels[®]

Baked Beans^{PK} and/or Chili-Lime Carrots

Mixed Fresh Fruit^{PK} and/or Mandarin Orange Cup

Visit the Flavor Station to customize your lunch w/Ranch, French, Hot Sauce, BBQ Sauce, Parmesan Cheese, Mrs. Dash, Ketchup, Mustard, or Salad Dressing.



All meals include choice of Milk: 1% White^{PK} or Fat-free Chocolate

Breakfast & lunch served at no charge to all IPS students. | Breakfast served a minimum of 15 minutes prior to the school day.

Please note this menu is subject to change. | This institution is an equal opportunity provider. | *Pork Product | ^{PK}Pre-K Menu



Breakfast & Lunch Menus

Monday

Chicken Sausage on Pancakes ^{PK} OR
Choice of any 2 items:
Cereal, Cinnamon Gripz[®],
Trix[™] Raspberry Yogurt
Craisins[®]^{PK}
Apple or Orange Juice

Tuesday

StrawberryBoli[™] OR
Choice of any 2 items:
Cereal, Cinnamon Pop-tart[®],
Raisins[®]
Apple or Orange Juice

Wednesday

Pillsbury[™] Cherry Frudel OR
Choice of any 2 items:
Cereal[®], Cinnamon Gripz[®],
Trix[™] Strawberry Banana Yogurt
Craisins[®]^{PK}
Apple or Orange Juice

Thursday

Chocolate Chip Waffle[™] OR
Choice of any 2 items:
Cereal, Strawberry Pop-tart[®],
Raisins[®]
Apple or Orange Juice^{PK}

Friday

Breaded Chicken on Waffles[™] OR
Choice of any 2 items:
Cereal, Cinnamon Gripz[®],
Trix[™] Cherry Yogurt
Craisins[®]^{PK}
Apple or Orange Juice

Breaded Chicken Filet on Whole Grain Bun[™] OR
BBQ Beef Rib on Whole Grain Bun OR
Vegan Burger on Bun OR
Power Pack: SunButter[™] Cup, Cheddar Cheese Stick, Cheez-It[®] Crackers
Green Peas[™] and/or Baby Carrots
Red Apple Slices and/or Peach Cup^{PK}

Pasta w/ Marinara & Beef Meatballs[™] OR
Cheese Pizza OR
Italian Chickpea Grain Bowl OR
Power Pack: Yoplait[™] Yogurt, Cheddar Cheese Curds, Blueberry Lemon Crackers
Seasoned Green Beans[™] and/or Romaine Salad with Carrots
Red Grapes[™] and/or Strawberry Applesauce Cup
Cheese-stuffed Breadstick

Breaded Chicken Tenders[™] OR
Omelet w/ Turkey Bacon OR
Three Bean Chili OR
Power Pack: Jalapeno Cheese Cup, Spicy Sunflower Seeds, Tostitos[®]
Home Fries and/or Cucumber Slices
Banana and/or Peach Mango Applesauce Cup^{PK}
Maple Waffle

Mini Chicken Corn Dogs[™] OR
Cheesy Pull Aparts, Southwest Queso OR
Bean Burrito OR
Power Pack: Co-Jack[®] Cheese Cubes, Sunflower Seeds, Sun Chips[®]
Baked Beans[™] and/or Romaine Salad with Grape Tomatoes
Juice and/or Cinnamon Applesauce Cup^{PK}

Pepperoni Pizza[™] OR
Chicken Taquitos OR
Pasta w/ White Beans & Marinara OR
Power Pack: Chocolate No-Nut Butter, Mozzarella Cheese Stick, Hartzels[®]
Broccoli Florets[™] and/or Chili-Lime Carrots
Orange Wedges and/or Red Apple Slices^{PK}

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Mini Turkey Sausage Pancake Wrap^{PK} OR
 Choice of any 2 items:
 Cereal, Cinnamon Gripz[®],
 Trix[™] Raspberry Yogurt
 Craisins[®]
 Apple or Orange Juice^{PK}

Mozzarella-stuffed Breadsticks OR
 Cheeseburger on Whole Grain Bun^{PK} OR
 Vegan Burger on Bun OR
 Power Pack: SunButter[®] Cup, Cheddar Cheese Stick, Cheez-It[®] Crackers
 Whole Kernel Corn^{PK} and/or Baby Carrots
 Red Apple Slices^{PK} and/or Peach Cup

Tuesday

Turkey Ham & Cheese on Hawaiian Roll^{PK} OR
 Choice of any 2 items:
 Cereal, Cinnamon Pop-tart[®]
 Raisins
 Apple or Orange Juice^{PK}

Breaded Pork* Chop on Whole Grain Bun^{PK} OR
 Beef, Bean & Cheese Burrito OR
 Italian Chickpea Grain Bowl OR
 Power Pack: Yoplait[™] Yogurt, Cheddar Cheese Curds, Blueberry Lemon Crackers
 Taco Fiesta Black Beans and/or Romaine Salad with Carrots^{PK}
 Red Grapes and/or Strawberry Applesauce Cup^{PK}

Wednesday

Strawberry Cream Cheese Mini Bagels^{PK} OR
 Choice of any 2 items:
 Cereal, Cinnamon Gripz[®]
 Trix[™] Strawberry Banana Yogurt
 Craisins[®]
 Apple or Orange Juice

Sausage* Links & French Toast Sticks^{PK} w/ Syrup OR
 Honey Sriracha Boneless Wings OR
 Three Bean Chili OR
 Power Pack: Jalapeno Cheese Cup, Spicy Sunflower Seeds, Tostitos[®]
 Home Fries^{PK} and/or Cucumber Slices
 Banana^{PK} and/or Peach Mango Applesauce Cup
 Banana Muffin

Thursday

Chicken Sausage on Biscuit^{PK} OR
 Choice of any 2 items:
 Cereal, Strawberry Pop-tart[®]
 Raisins
 Apple or Orange Juice^{PK}

Chicken Drumstick OR
 Stuffed Pepperoni Sandwich^{PK} OR
 Bean Burrito OR
 Power Pack: Co-Jack[®] Cheese Cubes, Sunflower Seeds, Sun Chips[®]
 Broccoli Florets^{PK} and/or Romaine Salad with Grape Tomatoes
 Juice and/or Cinnamon Applesauce Cup^{PK}
 Doritos[®] White Nacho

Friday

Pillsbury[™] Mini Cinnis OR
 Choice of any 2 items:
 Cereal^{PK}, Cinnamon Gripz[®],
 Trix[™] Cherry Yogurt
 Craisins[®]
 Apple or Orange Juice

Hamburger on Whole Grain Bun^{PK} OR
 Grilled Cheese OR
 Pasta w/ White Beans & Marinara OR
 Power Pack: Chocolate No-Nut Butter, Mozzarella Cheese Stick, Heartzels[®]
 Baked Beans^{PK} and/or Chili-Lime Carrots
 Red Apple Slices and/or Mandarin Orange Cup^{PK}

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