

This menu is served the weeks of: 7/31, 8/21, 9/10, 10/2, 10/30, 11/27, 12/18, 1/22, 2/12, 3/4, 4/1, 4/22, 5/13



# Breakfast & Lunch Menus

## Monday

Blueberry Waffle<sup>PK</sup> OR  
Choice of any 2 items:  
Cereal, Graham Crackers, Lemon Berry Crackers,  
Trix<sup>TM</sup> Raspberry Yogurt  
Craisins<sup>® PK</sup>  
Apple or Orange Juice

Homestyle Chicken Bites<sup>PK</sup> OR  
Mini Cheeseburger Twins<sup>OR</sup>  
Vegan Burger on Bun<sup>OR</sup>  
Power Pack: Colby Cheese Cubes, Spicy Sunflower Seeds, CheezIts  
Broccoli Florets<sup>PK</sup> and/or Chili-Lime Carrots  
Red Apple Slices and/or Peach Cup<sup>PK</sup>  
Cinnamon Swirl Roll

## Tuesday

Chicken Sausage Pancakes,<sup>PK</sup> OR  
Choice of any 2 items:  
Cereal, Cinnamon Pop-tart,<sup>®</sup> Graham Crackers  
Apple Crisps<sup>® PK</sup>  
Banana, Apricot Fruit Cup  
Apple or Orange Juice

BBQ Pork\* Rib on Bun<sup>OR</sup>  
Cheese Quesadilla<sup>PK</sup> OR  
Red Beans & Rice<sup>OR</sup>  
Power Pack: Strawberry Banana Yogurt, Honey Sunflower Seeds, and Apple Muffin  
Whole Kernel Corn<sup>PK</sup> and/or Cauliflower  
Pineapple<sup>PK</sup> or Strawberry Applesauce Cup

## Wednesday

Strawberry Cream Cheese Mini Bagels<sup>OR</sup>  
Choice of any 2 items:  
Cereal<sup>PK</sup>, Graham Crackers, Lemon Berry  
Crackers<sup>®</sup> Trix<sup>TM</sup> Strawberry Banana Yogurt  
Apple Juice or Orange Juice<sup>PK</sup>

Beef Nachos w/ Jalapeno Cheese & Salsa Cup<sup>OR</sup>  
Breaded Pork\* Chop<sup>PK</sup> OR  
Three-Bean Chili<sup>OR</sup>  
Power Pack: Sunbutter Sandwich and Cheddar Cheese Stick  
Tater Tots<sup>PK</sup> and/or Carroteenis  
Strawberry Cups<sup>PK</sup> and/ or Kiwi Slices  
Tostitos<sup>®</sup>

## Thursday

Ham & Cheese on Hawaiian<sup>PK</sup> OR  
Choice of any 2 items:  
Cereal, Strawberry Pop-tart,<sup>®</sup> Graham Crackers  
Apple Crisps / Craisins<sup>®</sup>  
Mixed Fruit Cup<sup>PK</sup>  
Apple or Orange Juice

Beef & Cheese Taco Stick<sup>PK</sup> OR  
Orange Chicken Rice Bowl<sup>OR</sup>  
Bean Burrito<sup>OR</sup>  
Power Pack: Raspberry Yogurt Mozzarella Cheese Stick Banana Muffin  
Kyoto Blend Vegetables<sup>PK</sup> and/or Romaine Salad with Grape Tomatoes  
Grapes and/or Smoothie Bowl<sup>PK</sup>  
Dinner Roll

## Friday

Apple Cinnamon Texas Toast<sup>PK</sup> OR  
Choice of any 2 items:  
Cereal,, Graham Crackers, Lemon Berry Crackers,  
Trix<sup>TM</sup> Cherry Yogurt  
Craisins<sup>® PK</sup>  
Apple or Orange Juice

Hot Dog on Coney Bun<sup>OR</sup>  
Pepperoni Pizza<sup>PK</sup> OR  
Pasta w/ White Beans & Marinara<sup>OR</sup>  
Power Pack: Sunbutter Sandwich Honey Sunflower  
Baked Beans<sup>PK</sup> and/or Cucumber Slices  
Mixed Fresh Fruit and/or Mandarin Orange Cup<sup>PK</sup>

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<sup>PK</sup> 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 | <sup>PK</sup>Pre-K Menu

This menu is served the week of: 8/7, 8/28, 9/18, 10/16, 11/6, 12/4, 1/8, 1/29, 2/19, 3/11, 4/8, 4/29, 5/20



# Breakfast & Lunch Menus

## Monday

StrawberryBoli OR Choice of any 2 items:  
Cereal <sup>PK</sup>, Graham Crackers, Lemon Berry Crackers, Trix™  
Raspberry Yogurt  
Craisins <sup>PK</sup>  
Apple or Orange Juice

Breaded Chicken Filet on Bun <sup>PK</sup> OR  
BBQ Beef Rib on Whole Grain Bun OR  
Vegan Burger on Bun OR  
Power Pack: Colby Cheese Cubes Spicy Sunflower Seeds, Cheezlts  
Green Peas <sup>PK</sup> and/or Baby Carrots  
Orange Wedges and/or Strawberry Applesauce Cup <sup>PK</sup>

## Tuesday

Sausage Pancake on Stick <sup>PK</sup> OR  
Choice of any 2 items:  
Cereal, Cinnamon Pop-tart®, Graham Crackers  
Apple Crisps  
Apricot Fruit Cup <sup>PK</sup> / Bananas  
Apple or Orange Juice

Pasta w/ Marinara & Beef Meatballs <sup>PK</sup> OR  
Cheese Pizza OR  
Red Beans & Rice OR  
Power Pack: Strawberry Banana Yogurt, Honey Sunflower Seeds, Apple Muffin  
Seasoned Green Beans <sup>PK</sup> and/or Red Pepper Strips  
Cantaloupe <sup>PK</sup> and/or Peach Mango Applesauce Cup  
Mozzarella Stuffed Breadstick

## Wednesday

Chocolate Chip Waffle <sup>PK</sup> OR  
Choice of any 2 items:  
Cereal, Graham Crackers, Lemon Berry Crackers, Trix™ Strawberry Banana Yogurt  
Craisins <sup>PK</sup>  
Apple or Orange Juice <sup>PK</sup>

Breaded Chicken Tenders <sup>PK</sup> OR  
Colby Omelet OR  
Three Bean Chili with Tostitos® OR  
Power Pack: Sunbutter Sandwich and Cheddar Cheese Stick  
Home Fries <sup>PK</sup> and/or Chili Lime Carrots  
Banana <sup>PK</sup> and/or Cinnamon Applesauce Cup  
Maple Waffle

## Thursday

Breaded Chicken on Waffles <sup>PK</sup> OR  
Choice of any 2 items:  
Cereal, Strawberry Pop-tart®, Graham Crackers,  
Apple Crisps  
Mixed Fruit Cup <sup>PK</sup>  
Apple or Orange Juice

Stuffed Pepperoni Sandwich <sup>PK</sup> OR  
Chicken Green Chile & Cheese burrito OR  
Bean Burrito OR  
Power Pack: Raspberry Yogurt, Mozzarella Cheese Stick, Banana Muffin  
Baked Beans <sup>PK</sup> and/Romaine Salad w. Grape Tomatoes  
Pineapple Spears <sup>PK</sup> and/or Smoothie Bowl  
Garlic Bread

## Friday

Pillsbury™ Apple Frudel OR  
Choice of any 2 items:  
Cereal <sup>PK</sup>, Graham Crackers, Lemon Berry Crackers, Trix™ Cherry Yogurt  
Craisins <sup>PK</sup>  
Apple or Orange Juice

Chicken Mini Corndogs <sup>PK</sup> OR  
Cheesy Pull-Apart OR  
Pasta w/ White Beans & Marinara OR  
Power Pack: Sunbutter Sandwich, Honey Sunflower Seeds  
Broccoli Florets <sup>PK</sup> and/or Cucumbers  
Red Grapes and/or Peach Applesauce <sup>PK</sup>

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 <sup>PK</sup>, 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 | <sup>PK</sup>Pre-K Menu

This menu is served the week of: 8/14, 9/4, 9/25, 10/23, 11/13, 12/11, 1/15, 2/5, 2/26, 3/18, 4/15, 5/6



# Breakfast & Lunch Menus

## Monday

Maple Waffle<sup>PK</sup> OR

Choice of any 2 items:

Cereal, Graham Crackers, *Trix*<sup>TM</sup> Raspberry Yogurt, Lemon Berry Crackers

Craisins<sup>®</sup> <sup>PK</sup>

Apple or Orange Juice<sup>PK</sup>

Mozzarella-stuffed Whole Grain Breadsticks w/Marinara <sup>PK</sup>OR

Cheeseburger on Whole Grain Bun OR

Vegan Burger on Bun OR

Power Pack: *Colby Cheese Cubes, Spicy Sunflower Seeds, CheezIts*

Green Beans<sup>PK</sup> and/or Baby Carrots

Green Apple Wedges and/or Peach Cup<sup>PK</sup>

## Tuesday

Chicken Sausage on Biscuit<sup>PK</sup> OR

Choice of any 2 items:

Cereal, Cinnamon Pop-tart, <sup>®</sup> Graham Crackers

Apple Crisps

Apricot Fruit Cup/ Bananas<sup>PK</sup>

Apple or Orange Juice

Pork Chop\* on Bun<sup>PK</sup> OR

Beef, Bean & Cheese Burrito OR

Red Beans & Rice OR

Power Pack: *Strawberry Banana Yogurt, Honey Sunflower Seeds, Apple Muffin*

Taco Fiesta Black Beans<sup>PK</sup> and/or Peppers, Mini Sweet

Kiwi and/or Cinnamon Applesauce Cup<sup>PK</sup>

## Wednesday

Breakfast Pizza<sup>PK</sup> OR

Choice of any 2 items:

Cereal, Graham Crackers, *Trix*<sup>TM</sup> Strawberry Banana Yogurt, Lemon Berry Crackers

Craisins<sup>®</sup>

Apple or Orange Juice<sup>PK</sup>

Sausage\* Links & French Toast Sticks<sup>PK</sup> w/ Syrup OR

Honey Sriracha Wings OR

Three Bean Chili with Tostitos<sup>®</sup> OR

Power Pack: *Sunbutter Sandwich and Cheddar Cheese Stick*

Home Fries<sup>PK</sup> and/or Jicama Sticks

Strawberry Cup<sup>PK</sup> and/or Cantaloupe

Banana Muffin

## Thursday

Turkey Sausage Pancake on Stick<sup>PK</sup> OR

Choice of any 2 items:

Cereal, Strawberry Pop-tart, <sup>®</sup> Graham Crackers

Apple Crisps

Mixed Fruit Cup<sup>PK</sup>

Apple Juice or Orange Juice

Chicken Drumstick OR

Grilled Cheese<sup>PK</sup>

Bean Burrito OR

Power Pack: *Raspberry Yogurt, Mozzarella Cheese Stick, Banana Muffin*

Broccoli Florets<sup>PK</sup> and/or Romaine Salad w. Grape Tomatoes

Mango<sup>PK</sup> and/or Peach Applesauce

Whole Grain Cornbread Muffin

## Friday

Pillsbury<sup>TM</sup> Mini Cinnis OR

Choice of any 2 items:

Cereal<sup>PK</sup>, Graham Crackers, *Trix*<sup>TM</sup> Cherry Yogurt, Lemon Berry Crackers

Craisins<sup>PK</sup>

Apple Juice or Orange Juice

Hamburger on Bun<sup>PK</sup> OR

Pepperoni Pizza OR

Pasta w/ White Beans & Marinara OR

Power Pack: *Sunbutter Sandwich, Honey Sunflower Seeds*

Baked Beans<sup>PK</sup> and/or Cauliflower

Red Apple Slices<sup>PK</sup> 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<sup>PK</sup>, 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 | <sup>PK</sup>Pre-K Menu