# I.E.S. Pre-K Breakfast Menu-November 2020

Food Service Director: Alexis Buck
abuck@iroquois.iu5.org
814.899.7643 x1509

The Nutrition Group

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **November 2**<br>Cereal with Crackers<br>Assorted Craisins<br>Chilled Juice<br>Healthy Milk | **November 3**<br>Banana Bread<br>Apple Slices or Fruit Cup<br>Chilled Juice<br>Healthy Milk | **November 4**<br>Cereal with Crackers<br>Assorted Craisins<br>Chilled Juice<br>Healthy Milk | **November 5**<br>Trix Yogurt & String Cheese<br>Raisins<br>Chilled Juice<br>Healthy Milk | **November 6**<br>Cereal with Crackers<br>Fresh Apple<br>Chilled Juice<br>Healthy Milk |
| **November 9**<br>Cereal with Crackers<br>Assorted Applesauce Cups<br>Chilled Juice<br>Healthy Milk | **November 10**<br>Mini Loaf with Crackers<br>Apple Slices<br>Chilled Juice<br>Healthy Milk | **November 11**<br>Cereal with Crackers<br>Fresh Apple<br>Chilled Juice<br>Healthy Milk | **November 12**<br>Banana Bread<br>Raisins<br>Chilled Juice<br>Healthy Milk | **November 13**<br>Cereal with Crackers<br>Assorted Craisins<br>Chilled Juice<br>Healthy Milk |
| **November 16**<br>Cereal with Crackers<br>Assorted Craisins<br>Chilled Juice<br>Healthy Milk | **November 17**<br>Muffin with Crackers<br>Apple Slices<br>Chilled Juice<br>Healthy Milk | **November 18**<br>Cereal with Crackers<br>Fresh Banana<br>Chilled Juice<br>Healthy Milk | **November 19**<br>Trix Yogurt & String Cheese<br>Raisins<br>Chilled Juice<br>Healthy Milk | **November 20**<br>Cereal with Crackers<br>Assorted Craisins<br>Chilled Juice<br>Healthy Milk |
| **November 23**<br>Cereal with Crackers<br>Assorted Applesauce Cups<br>Chilled Juice<br>Healthy Milk | **November 24**<br>Mini Loaf with Crackers<br>Apple Slices<br>Chilled Juice<br>Healthy Milk | **November 25** | **November 26** | **November 27** |
| **November 30** | **December 1**<br>Muffin with Crackers<br>Fresh Banana<br>Chilled Juice<br>Healthy Milk | **December 2**<br>Cereal with Crackers<br>Assorted Craisins<br>Chilled Juice<br>Healthy Milk | **December 3**<br>Trix Yogurt & String Cheese<br>Fresh Banana<br>Chilled Juice<br>Healthy Milk | **December 4**<br>Cereal with Crackers<br>Apple Slices<br>Chilled Juice<br>Healthy Milk |
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*MENUS SUBJECT TO CHANGE*

## What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.

Cyber meals are the same as this menu.

### Milk Choices Offered Daily

Fat Free OR 1% Flavored, Fat Free White, and Low Fat White

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Iroquois School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

# I.E.S. In School/Cyber Breakfast Menu-November 2020

Food Service Director: Alexis Buck
abuck@iroquois.iu5.org
814.899.7643 x1509

The Nutrition Group

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **November 2**<br>Cereal w/ Jungle Crackers<br>Assorted Applesauce Cups<br>Chilled Juice<br>Healthy Milk | **November 3**<br>Smore Zee Zee Bar<br>Apple Slices<br>Chilled Juice<br>Healthy Milk | **November 4**<br>Cereal w/ Jungle Crackers<br>Assorted Raisins<br>Chilled Juice<br>Healthy Milk | **November 5**<br>Apple Roll<br>Fresh Banana<br>Chilled Juice<br>Healthy Milk | **November 6**<br>Assorted Breakfast Items<br>Assorted Craisins<br>Chilled Juice<br>Healthy Milk |
| **November 9**<br>Cereal w/ Jungle Crackers<br>Assorted Craisins<br>Chilled Juice<br>Healthy Milk | **November 10**<br>Banana bread<br>Assorted Raisins<br>Chilled Juice<br>Healthy Milk | **November 11**<br>Cereal w/ Jungle Crackers<br>Fresh Banana<br>Chilled Juice<br>Healthy Milk | **November 12**<br>Cinnamon Roll<br>Apple Slices<br>Chilled Juice<br>Healthy Milk | **November 13**<br>Assorted Breakfast Items<br>Fresh Apple<br>Chilled Juice<br>Healthy Milk |
| **November 16**<br>Cereal w/ Jungle Crackers<br>Assorted Applesauce Cups<br>Chilled Juice<br>Healthy Milk | **November 17**<br>Goody Ring<br>Assorted Raisins<br>Chilled Juice<br>Healthy Milk | **November 18**<br>Cereal w/ Jungle Crackers<br>Fresh Apple<br>Chilled Juice<br>Healthy Milk | **November 19**<br>Berry Apple Crisp Zee Zee bar<br>Apple Slices<br>Chilled Juice<br>Healthy Milk | **November 20**<br>Assorted Breakfast Items<br>Assorted Craisins<br>Chilled Juice<br>Healthy Milk |
| **November 23**<br>Cereal w/ Jungle Crackers<br>Assorted Applesauce Cups<br>Chilled Juice<br>Healthy Milk | **November 24**<br>Cinnabar<br>Assorted Raisins<br>Chilled Juice<br>Healthy Milk | **November 25** | **November 26** | **November 27** |
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## What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.

Cyber meals are the same as this menu.

Milk Choices Offered Daily

Fat Free OR 1% Flavored, Fat Free White, and Low Fat White

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# Iroquois Elementary School Lunch Menu - October 2020

**Underlined items are for Cyber & Pre-K entrees.**

The Nutrition Group

Food Service Director: Alexis Buck abuck@iroquois.iu5.org
Registered Dietitian 814.899.7643 x1509

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **November 2**<br>Corn Dog Nuggets<br>Grilled Chicken Wrap<br>Steamed Corn w/ Margarine<br>Roasted Chickpeas<br>Healthy Fruit & Milk | **November 3**<br>Beef & Cheese Nachos with Rice<br>Turkey & Cheese Sandwich<br>Black Bean & Corn Salad<br>Refried Beans<br>Healthy Fruit & Milk | **November 4**<br>Macaroni & Cheese w/ Bread<br>PB & J Sandwich<br>Fresh Broccoli<br>Sweet Peas<br>Healthy Fruit & Milk | **November 5**<br>Pepperoni Pizza<br>Ham & cheese wrap<br>Baby Carrots<br>Crinkle Cut Fries<br>Healthy Fruit & Milk | **November 6**<br>Chicken Patty Sandwich<br>Italian Wrap<br>Celery Sticks<br>Seasoned Green Beans<br>Healthy Fruit & Milk |
| **November 9**<br>Cheese Pizza<br>Garden Salad w/ egg w/ sliced bread<br>Tator Tots<br>Tomato Wedges<br>Healthy Fruit & Milk | **November 10**<br>Popcorn Chicken Bowl w/ bread<br>Turkey & Cheese Sandwich<br>Baby Carrots<br>Sweet Peas<br>Healthy Fruit & Milk | **November 11**<br>Pasta w/ meatsauce w/ breadstick<br>PB & J Sandwich<br>Cucumber Slices<br>Seasoned Green Beans<br>Healthy Fruit & Milk | **November 12**<br>Fish sticks w/ bread<br>Breaded Chicken Bacon Ranch Wrap<br>Celery Sticks<br>Mashed Potatoes w/ Gravy<br>Healthy Fruit & Milk | **November 13**<br>Fiesta Pizza<br>Ham & Cheese sandwich<br>Steamed Peas w/ Margarine<br>Tomato Cucumber Salad<br>Healthy Fruit & Milk |
| **November 16**<br>Fun on the Run Yogurt & Pretzel<br>Meatball & Mozzarella Hoagie<br>Baby Carrots<br>Tator Tots<br>Healthy Fruit & Milk | **November 17**<br>Beef & Cheese Nachos w/ Bread<br>Ham & Cheese Sandwich<br>Cucumber Salad<br>Refried Beans<br>Healthy Fruit & Milk | **November 18**<br>Thanksgiving Meal<br>PB & J Sandwich<br>Steamed Broccoli w/ Margarine<br>Roasted Chickpeas<br>Healthy Fruit & Milk | **November 19**<br>Cheese Pizza<br>Tuna Salad Wrap<br>Fresh Broccoli<br>Crinkle Cut Fries<br>Healthy Fruit & Milk | **November 20**<br>Chicken Nuggets w/ Bread<br>Ham & Cheese Sandwich<br>Honey Glazed Carrots<br>Garden Salad w/ Romaine<br>Healthy Fruit & Milk |
| **November 23**<br>Breaded Chicken Bacon Ranch Wrap<br>Fish Sticks w/ Bread<br>Celery Sticks<br>Tator Tots<br>Healthy Fruit & Milk | **November 24**<br>Cheeseburger on a Bun<br>Ham & Cheese Sandwich<br>Baby Carrots<br>Crinkle Cut Fries<br>Healthy Fruit & Milk | **November 25** | **November 26** | **November 27** |

## Accompaniments

***Must take at least one 1/2 cup of fruit or vegetable**

***Vegetables may include**

Cauliflower Florets
Celery & Cucumber
Dark Leafy Greens
Pepper Strips – Green, Orange, Red, or Yellow

***Fruits may include:**

Apple, Banana, Grapes, Orange, Pear
Applesauce, Mandarin Oranges, Mixed Fruit, Peaches, Pears, Pineapple, Tropical Fruit Salad

## Milk

**Milk Choices Offered Daily:**
Fate free flavored, 1% flavored, 1% white, and non-fat white

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**All Students Receive a Free Lunch**

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***MENUS SUBJECT TO CHANGE***