

IAE Lunch Menu



January 2018



CREATIONS

JANUARY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
7 th -11 th	Oven Roasted Chicken with Macaroni and Cheese and Broccoli	Steak Fajitas with Refried Beans	BBQ Pulled Pork Platter with Baked Beans and a Corn Biscuit	Meat or Vegetarian V Calzones with Steamed Broccoli	Baked Penne with Green Beans and a Dinner Roll V
14 th -18 th	General Tso's Chicken with Brown Rice and Oriental Vegetable Blend	Roasted Turkey with Mashed Potatoes, Gravy, and a Dinner Roll	Beefy Macaroni with Dinner Roll	Beef or Bean Tacos V with Refried Beans	Half-Day
21 st - 25 th	MLK Day – No School	Broccoli Chicken Alfredo with Roasted Carrots and a Dinner Roll	Chili Baked Potatoes with Steamed Broccoli and a Dinner Roll	Buffalo Chicken Mac & Cheese with Sweet Potato Bites and a Dinner Roll	Waffles V with Turkey Sausage and Hash Brown Patties
28 th – 1 st	Orange Chicken with Brown Rice served with Oriental Vegetables	Mac and Cheese with Dinner Roll and Broccoli V	Early Release Day	Chicken Fajitas with Refried Beans	French Toast V with Turkey Sausage and Hash Browns

Each meal meets USDA meal requirements for grades 6-8 with a minimum of 1 oz M/MA, 1 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a **V** are vegetarian. Many of our other daily specials have the option to be made **vegetarian**, just ask!



JANUARY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
EVERYDAY OPTIONS:	Hamburger Cheeseburger Garden/Black Bean Burger V Crispy/Spicy Chicken Patty H Chicken Nuggets/Tenders H Bosco Sticks V	Hamburger Cheeseburger Garden/Black Bean Burger V Crispy/Spicy Chicken Patty H Chicken Nuggets/Tenders H Bosco Sticks V	Hamburger Cheeseburger Garden/Black Bean Burger V Crispy/Spicy Chicken Patty H Chicken Nuggets/Tenders H Bosco Sticks V	Hamburger Cheeseburger Garden/Black Bean Burger V Crispy/Spicy Chicken Patty H Chicken Nuggets/Tenders H Bosco Sticks V	Hamburger Cheeseburger Garden/Black Bean Burger V Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders H Bosco Sticks V
7th -11th	Philly Cheesesteak	Chicken Parm Sandwich	Bacon Cheeseburger	Pulled Pork Sandwich	Chicken Cordon Blue Sandwich
14th-18th	BBQ Bacon Cheeseburger	Chicken Philly Sandwich	Italian Meatball Sub	Hot Dog	Half-Day
21st -25th	MLK Day – No School	Chicken Parm Sandwich	Bacon Cheeseburger	Pulled Pork Sandwich	Chicken Cordon Blue Sandwich
28th – 1st	BBQ Bacon Cheeseburger	Chicken Philly Sandwich	Early Release Day	Hot Dog	Chicken Club

Each meal meets USDA meal requirements for grades 9-12 with a minimum of 2 oz M/MA, 2 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat. Items marked with a **V** are vegetarian. Halal chicken nuggets, tenders, and chicken sandwiches are available. Items marked with an **H** on the menu indicate this.



PIZZA

JANUARY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
EVERYDAY OPTIONS:	Cheese Pizza V Pepperoni Pizza	Cheese Pizza V Pepperoni Pizza	Cheese Pizza V Pepperoni Pizza	Cheese Pizza V Pepperoni Pizza	Cheese Pizza V Pepperoni Pizza
7th -11th	BBQ Chicken Pizza	Meatlover’s Calzone	Veggie Pizza V	Sausage Pizza	Breakfast Pizza
14th-18th	Buffalo Chicken Pizza	Sausage Pizza	Supreme Pizza	Sausage Calzone	Half-Day
21st -25th	MLK Day – No School	Cheese Flatbread V	Bruschetta Pizza	Sausage Pizza	Chicken Bacon Ranch Pizza
28th – 1st	Mac & Cheese Pizza	Sausage Pizza	Early Release Day	Meatball Calzone	Margherita Pizza

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JANUARY MENU

DELI

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Protein</u> Salami Turkey Ham Roast Beef Chicken/Tuna Salad Hummus V American Cheese V White American/Swiss V</p> <p><u>Bread</u> V Whole Grain Sub Whole Grain Tortilla Whole Grain Bread Whole Grain Flatbread</p> <p><u>Veggies</u> V Lettuce Spinach Tomato Onions Black Peppers Green Peppers Banana Peppers Pickles</p> <p><u>Sauce</u> V Mayo Chipotle Mayo Mustard Italian/Ranch Dressing</p>	<p><u>Protein</u> Buffalo Chicken Turkey Ham Roast Beef Chicken/Tuna Salad Hummus V American Cheese V White American/Swiss V</p> <p><u>Bread</u> V Whole Grain Sub Whole Grain Tortilla Whole Grain Bread Whole Grain Flatbread</p> <p><u>Veggies</u> V Lettuce Spinach Tomato Onions Black Peppers Green Peppers Banana Peppers Pickles</p> <p><u>Sauce</u> V Mayo Chipotle Mayo Mustard Italian/Ranch Dressing</p>	<p><u>Protein</u> Bacon Turkey Ham Roast Beef Chicken/Tuna Salad Hummus V American Cheese V White American/Swiss V</p> <p><u>Bread</u> V Whole Grain Sub Whole Grain Tortilla Whole Grain Bread Whole Grain Flatbread</p> <p><u>Veggies</u> V Lettuce Spinach Tomato Onions Black Peppers Green Peppers Banana Peppers Pickles</p> <p><u>Sauce</u> V Mayo Chipotle Mayo Mustard Italian/Ranch Dressing</p>	<p><u>Protein</u> Chicken Nuggets Turkey Ham Roast Beef Chicken/Tuna Salad Hummus V American Cheese V White American/Swiss V</p> <p><u>Bread</u> V Whole Grain Sub Whole Grain Tortilla Whole Grain Bread Whole Grain Flatbread</p> <p><u>Veggies</u> V Lettuce Spinach Tomato Onions Black Peppers Green Peppers Banana Peppers Pickles</p> <p><u>Sauce</u> V Mayo Chipotle Mayo Mustard Italian/Ranch Dressing</p>	<p><u>Protein</u> Pepperoni Turkey Ham Roast Beef Chicken/Tuna Salad Hummus V American Cheese V White American/Swiss V</p> <p><u>Bread</u> V Whole Grain Sub Whole Grain Tortilla Whole Grain Bread Whole Grain Flatbread</p> <p><u>Veggies</u> V Lettuce Spinach Tomato Onions Black Peppers Green Peppers Banana Peppers Pickles</p> <p><u>Sauce</u> V Mayo Chipotle Mayo Mustard Italian/Ranch Dressing</p>

Each meal meets USDA meal requirements for grades 9-12 with a minimum of 2 oz M/MA, 2 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a **V** are vegetarian.



FAST TAKES

JANUARY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
7th -11th	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad V	American Wrap Ham and Cheese American Sub Chicken Caesar Salad Garden Salad V	Buffalo Chicken Wrap Turkey and Cheese Ham and Cheese Sub Crispy Chicken Salad Garden Salad V	Crispy Chicken Wrap Ham and Cheese American Sub Chef Salad Garden Salad V	Chicken Bacon Wrap Italian Sub Turkey and Cheese Fajita Chicken Salad Garden Salad V
14th -18th	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad V	Buffalo Chicken Wrap American Style Sub Ham and Cheese Chicken Caesar Salad Garden Salad V	Turkey Bacon Club Wrap Turkey and Cheese Turkey Bacon Club Sub Buffalo Chicken Salad Garden Salad V	Italian Sub Italian Wrap Ham and Cheese Chef Salad Garden Salad V	Half-Day
21st -25th	MLK Day – No School	American Wrap Ham and Cheese American Sub Chicken Caesar Salad Garden Salad V	Buffalo Chicken Wrap Turkey and Cheese Ham and Cheese Sub Crispy Chicken Salad Garden Salad V	Crispy Chicken Wrap Ham and Cheese American Sub Chef Salad Garden Salad V	Chicken Bacon Wrap Italian Sub Turkey and Cheese Fajita Chicken Salad Garden Salad V
28th – 1st	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad V	Buffalo Chicken Wrap American Style Sub Ham and Cheese Chicken Caesar Salad Garden Salad V	Early Release Day	Italian Sub Italian Wrap Ham and Cheese Chef Salad Garden Salad V	Southwest Wrap Buffalo Chicken Sub Turkey and Cheese Taco Salad Garden Salad V

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***Halal sandwiches, wrap and salad are available.**