April 2019 — iLead Lancaster K-8 — GRADE: K-8 — Menu

B=120 L= 230 S= 100 — Serve w/ Milk & Fruit

Menus subject to change.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B	**1** Chocolate Crescent **(100)**	**2** Waffles (2) with Syrup **(100)**	**3** Lucky Charms & WG Crackers **(120)**	**4** Strawberry Pop Tart & String Cheese **(100)**	**5** Coffee Cake & String Cheese **(90)**
L	Parmesan Chicken Pasta with Carrot Sticks (3/4c) & Ranch **(200)**	Chicken, Sausage & Brown Rice Jambalaya (1c) with Whole Kernel Corn (1/2c) **(220)**	Ham & Cheese Croissant Sandwich with Green Salad (1c) **(220)**	Beef (2oz) & Cheese (.5oz) Nachos (2oz) with Pinto Beans (3/4c) **(240)**	NO LUNCH
S	Caesar Chicken Salad with a Wheat Dinner Roll **(100)**	Chef Turkey & Ham Salad with a Wheat Dinner Roll **(100)**	Chinese Chicken Salad with a Wheat Dinner Roll **(50)**	Greek Chicken Salad with a Wheat Dinner Roll **(50)**	
B	**8** Mini Bagels w/Cinnamon Cream Cheese **(100)**	**9** Pancake Bites (5) **(100)**	**10** Reduced Sugar Cinnamon Toast Crunch & WG Crackers **(120)**	**11** Cinnamon Pop Tart & String Cheese **(100)**	**12** WG Apple Cinnamon Donut **(90)**
L	Spaghetti (1/2c) & Meatballs with Mixed Vegetables (1c) **(200)**	Honey BBQ Chicken Wings (3) with Dinner Roll & Mashed Potatoes (3/4c) **(240)**	Chicken Salad Sandwich with Green Salad (1c) **(200)**	Chicken Tamal with Pinto Beans (3/4c) **(240)**	NO LUNCH
S	Caesar Chicken Salad with a Wheat Dinner Roll **(100)**	Chef Turkey & Ham Salad with a Wheat Dinner Roll **(100)**	Chinese Chicken Salad with a Wheat Dinner Roll **(100)**	Greek Chicken Salad with a Wheat Dinner Roll **(50)**	
B	**15**	**16**	**17**	**18**	**19**
L	NO SCHOOL	NO SCHOOL		NO SCHOOL	NO SCHOOL
S					
B	**22**	**23** Waffles (2) with Syrup **(100)**	**24** Multi Grain Cheerios & WG Crackers **(120)**	**25** Green Chile Egg & Cheese Burrito **(90)**	**26** Coffee Cake & String Cheese **(90)**
L	NO SCHOOL	Sloppy Joe Sandwich with Mashed Potatoes (3/4c) **(240)**	Pepperoni Pizza with Green Salad (2c) **(320)**	Chicken Tamal with Pinto Beans (3/4c) **(220)**	NO LUNCH
S		Chef Turkey & Ham Salad with a Wheat Dinner Roll **(100)**	Chinese Chicken Salad with a Wheat Dinner Roll **(50)**	Greek Chicken Salad with a Wheat Dinner Roll **(50)**	
B	**29** Banana Muffin & WG Crackers **(100)**	**30** Pancakes (2) with Syrup **(80)**	**1** Rice Chex & WG Crackers **(120)**	**2** Strawberry Pop Tart & String Cheese **(90)**	**3** Mini Cinnamon Rolls **(90)**
L	Macaroni & Cheese (1c) with Mixed Vegetables (1c) **(200)**	Chicken & Waffles with Mashed Potatoes (3/4c) **(240)**	Ham & Cheese Hoagie Sandwich with Green Salad (1c) **(200)**	Beef (2oz) & Cheese (.5oz) Nachos (2oz) with Pinto Beans (3/4c) **(240)**	NO LUNCH
S	Caesar Chicken Salad with a Wheat Dinner Roll **(100)**	Chef Turkey & Ham Salad with a Wheat Dinner Roll **(100)**	Chinese Chicken Salad with a Wheat Dinner Roll **(50)**	Greek Chicken Salad with a Wheat Dinner Roll **(50)**	

This institution is an equal opportunity provider.

Breakfast fruit/juice portions: 1 cup & Lunch fruit/juice portions: 1/2 cup (Juice cannot exceed 50% of total weekly servings.) Milk (1 Cup) (1%/Non-fat/Non-fat Choc)

School Notes: PRE-PACKED // No Lunch on Fridays // 80% chocolate milk, 10% strawbery milk , 10% white milk (CEREAL DAY) // JUICE ON TUESDAYS & THURSDAYS // SEND MUSTARD

FreshStart MEALS

"Eat Right, Be Bright!"