

ICDC Autumn Menu - Week 1

Time	Food Type	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Vegetables and Fruits	Apple Slices	Blueberries	Mixed Berries	Cucumbers	Spinach, Mixed Berries
	Whole Grain Foods	Whole Grain Cereal	Whole Grain Toast	Granola (Oats, Chia, Quinoa)	Whole Grain Bagels	Zucchini Loaf
	And/or Protein Foods	Cheddar Cheese	Scrambled Eggs (Rooms 1&4 Oatmeal)	Yogurt	Cream Cheese	Yogurt Smoothies
	Drink	Milk	Milk	Milk	Milk	Milk
Lunch	Meal Description	Shepherd's Pie	Pizza & Greek Salad	Beef Barley Soup	Lentil Bolognese	Meatballs & Mashed Potatoes
	Vegetables and Fruits	Corn, Peas, Carrots, Apples	Tomatoes, Peppers, Olives, Cucumber, Lettuce, Mango	Potatoes, Yams, Carrots, Mango, Blueberries	Tomatoes, Carrots, Mushrooms, Peppers, Apples	Potatoes, Onions, Yams, Green Beans, Mushrooms, Oranges, Apples
	Whole Grain Foods	Whole Grain Roll	Pizza Dough	Barley Whole Grain Roll	Whole Grain Pasta	Whole Grain Roll
	Protein Foods	Lean Ground Beef Lentils (v)	Pork Pepperoni Tofu Crumble (v) Feta Cheese	Beef Tofu Crumble (v)	Green Lentils Red Lentils Mozzarella Cheese	Lean Ground Beef Black Beans (v)
		Milk	Milk	Milk	Milk	Milk
PM Snack	Vegetables and Fruits	Pumpkin	Celery, Carrots, Peppers	Apples	Apple Butter	Apples, Cranberries, Oranges
	Whole Grain Foods	Oat Squares	Pita Chips	Banana Oat Muffins	Graham Crackers	Apple Oat Muffins
	And/or Protein Foods	Yogurt	Chickpea Hummus	Oats	Cheddar Cheese	Oats
	Drink	Water	Water	Water	Water	Water

Water is available all day. (v) denotes vegetarian option

ICDC Autumn Menu - Week 2

Time	Food Type	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Vegetables and Fruits	Apple Slices	Blueberries	Mixed Berries	Cucumbers	Spinach, Mixed Berries
	Whole Grain Foods	Whole Grain Cereal	Whole Grain Toast	Granola (Oats, Chia, Quinoa)	Whole Grain Bagels	Zucchini Loaf
	And/or Protein Foods	Cheddar Cheese	Scrambled Eggs (Rooms 1&4 Oatmeal)	Yogurt	Cream Cheese	Yogurt Smoothies
	Drink	Milk	Milk	Milk	Milk	Milk
Lunch	Meal Description	Baked Chicken & Roasted Veggies	Veggie Chili with Rice	Spaghetti Bolognese Greek Salad	Turkey Sausages With Veggies	Build Your Own Taco
	Vegetables and Fruits	Potatoes, Carrots, Broccoli Mango	Corn, Tomatoes, Onions, Peppers, Celery, Mushrooms Apples	Tomatoes, Olives, Peppers, Lettuce, Mushrooms, Cucumber Oranges, Apples	Potatoes, Yams, Peas, Onions Bananas	Lettuce, Cucumbers, Tomatoes, Peppers, Onion, Avocado Apples
	Whole Grain Foods	Whole Grain Roll	Whole Grain Rice	Whole Grain Pasta	Whole Grain Roll	Whole Grain Tortillas/Tacos
	Protein Foods	Chicken Drumsticks Tofu (v)	Lentils, Kidney Beans, Chickpeas Cheddar Cheese	Lean Ground Beef Lentils (v)	Turkey Sausage Plant Based Sausage (v)	Lean Ground Beef Tofu Crumble (v) Cheddar Cheese
		Milk	Milk	Milk	Milk	Milk
PM Snack	Vegetables and Fruits	Pumpkin	Celery, Carrots, Peppers	Apples	Apple Butter	Apples, Cranberries, Oranges
	Whole Grain Foods	Oat Squares	Pita Chips	Banana Oat Muffins	Graham Crackers	Apple Oat Muffins
	And/or Protein Foods	Yogurt	Chickpea Hummus	Oats	Cheddar Cheese	Oats
	Drink	Water	Water	Water	Water	Water

Water is available all day. (v) denotes vegetarian option

ICDC Autumn Menu - Week 3

Time	Food Type	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Vegetables and Fruits	Apple Slices	Blueberries	Mixed Berries	Cucumbers	Spinach, Mixed Berries
	Whole Grain Foods	Whole Grain Cereal	Whole Grain Toast	Granola (Oats, Chia, Quinoa)	Whole Grain Bagels	Zucchini Loaf
	And/or Protein Foods	Cheddar Cheese	Scrambled Eggs (Rooms 1&4 Oatmeal)	Yogurt	Cream Cheese	Yogurt Smoothies
	Drink	Milk	Milk	Milk	Milk	Milk
Lunch	Meal Description	Pork Loin & Roasted Veggies	Grilled Cheese Tomato Pasta Soup	Sloppy Joes	Breakfast for Lunch Fruit Salad	Pizza & Greek Salad
	Vegetables and Fruits	Yams, Cauliflower Mango	Tomatoes, Carrots, Peppers, Celery, Onions, Squash Bananas	Carrots, Mushrooms, Celery, Cucumber, Onions, Tomato Oranges, Apples	Hashbrown Potatoes, Onions, Peppers, Strawberries, Mango, Peaches, Blueberries	Tomatoes, Peppers, Olives, Cucumber, Lettuce Mango
	Whole Grain Foods	Whole Grain Rice	Whole Grain Bread & Pasta	Whole Grain Roll	Whole Grain Pancakes	Pizza Dough
	Protein Foods	Pork Loin Black Bean Patties (v)	Cheddar Cheese	Lean Ground Beef Tofu Crumble (v)	Pork Sausage Plant Based Sausage	Pork Pepperoni Tofu Crumble (v) Feta Cheese
		Milk	Milk	Milk	Milk	Milk
PM Snack	Vegetables and Fruits	Pumpkin	Celery, Carrots, Peppers	Apples	Apple Butter	Apples, Cranberries, Oranges
	Whole Grain Foods	Oat Squares	Pita Chips	Banana Oat Muffins	Graham Crackers	Apple Oat Muffins
	And/or Protein Foods	Yogurt	Chickpea Hummus	Oats	Cheddar Cheese	Oats
	Drink	Water	Water	Water	Water	Water

Water is available all day. (v) denotes vegetarian option

ICDC Autumn Menu - Week 4

Time	Food Type	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Vegetables and Fruits	Apple Slices	Blueberries	Mixed Berries	Cucumbers	Spinach, Mixed Berries
	Whole Grain Foods	Whole Grain Cereal	Whole Grain Toast	Granola (Oats, Chia, Quinoa)	Whole Grain Bagels	Zucchini Loaf
	And/or Protein Foods	Cheddar Cheese	Scrambled Eggs (Rooms 1&4 Oatmeal)	Yogurt	Cream Cheese	Yogurt Smoothies
	Drink	Milk	Milk	Milk	Milk	Milk
Lunch	Meal Description	Roast Chicken & Veggies	Chicken Alfredo	Pork & Vegetable Fried Rice with Roasted Yams	Meatballs with Rice Roasted Zucchini	Mac & Cheese with Roasted Broccoli
	Vegetables and Fruits	Potatoes, Carrots, Peas, Onions Mango, Blueberries	Broccoli, Onions, Cauliflower Apples	Yams, Peas, Corn, Carrots, Green Beans, Onions Bananas	Zucchini, Onions, Mushrooms, Tomatoes, Peppers Mango	Broccoli, Onions, Cauliflower Apples, Oranges
	Whole Grain Foods	Whole Grain Roll	Whole Grain Pasta Garlic Toast	Whole Grain Rice	Whole Grain Rice	Whole Grain Pasta
	Protein Foods	Chicken Tofu (v)	Chicken Tofu (v)	Pork Loin Lentils, Chickpeas (v)	Lean Ground Beef Black Beans (v)	Cheddar Cheese
		Milk	Milk	Milk	Milk	Milk
PM Snack	Vegetables and Fruits	Pumpkin	Celery, Carrots, Peppers	Apples	Apple Butter	Apples, Cranberries, Oranges
	Whole Grain Foods	Oat Squares	Pita Chips	Banana Oat Muffins	Graham Crackers	Apple Oat Muffins
	And/or Protein Foods	Yogurt	Chickpea Hummus	Oats	Cheddar Cheese	Oats
	Drink	Water	Water	Water	Water	Water

Water is available all day. (v) denotes vegetarian option