

# IAE Lunch Menu



February 2019



# CREATIONS

## FEBRUARY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>28<sup>th</sup> – 1<sup>st</sup></b>	Orange Chicken with Brown Rice served with Asian Vegetable Blend	Mac and Cheese with Dinner Roll and Broccoli <b>V</b>	Chicken Drumstick with Green Beans, Mashed Potatoes and a Biscuit	Chicken Fajitas with Refried Beans	French Toast <b>V</b> with Turkey Sausage and Hash Browns
<b>4<sup>th</sup>-8<sup>th</sup></b>	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 <b>V</b> Calzones with Steamed Broccoli	Baked Penne with Green Beans and a Dinner Roll <b>V</b>
<b>11<sup>th</sup> - 15<sup>th</sup></b>	General Tso's Chicken with Brown Rice and Asian Vegetable Blend	Roasted Turkey with Mashed Potatoes, Gravy, and a Dinner Roll	Beefy Macaroni with Dinner Roll	Beef or Bean Tacos <b>V</b> with Refried Beans	Pulled Pork Mac & Cheese with Steamed Broccoli
<b>18<sup>th</sup> – 22<sup>nd</sup></b>	Mid-winter Recess	Mid-winter Recess	Mid-winter Recess	Mid-winter Recess	Mid-winter Recess
<b>25<sup>th</sup> – 1<sup>st</sup></b>	Orange Chicken with Brown Rice served with Asian Vegetable Blend	Mac and Cheese with Dinner Roll and Broccoli <b>V</b>	Chicken Drumstick with Green Beans, Mashed Potatoes and a Biscuit	Chicken Fajitas with Refried Beans	French Toast <b>V</b> with Turkey Sausage and Hash Browns

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. Many of our other daily specials have the option to be made **vegetarian**, just ask!



# GRILL

## FEBRUARY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>EVERYDAY OPTIONS:</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>V</b> Crispy/Spicy Chicken Patty <b>H</b> Chicken Nuggets/Tenders <b>H</b> Bosco Sticks <b>V</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>V</b> Crispy/Spicy Chicken Patty <b>H</b> Chicken Nuggets/Tenders <b>H</b> Bosco Sticks <b>V</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>V</b> Crispy/Spicy Chicken Patty <b>H</b> Chicken Nuggets/Tenders <b>H</b> Bosco Sticks <b>V</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>V</b> Crispy/Spicy Chicken Patty <b>H</b> Chicken Nuggets/Tenders <b>H</b> Bosco Sticks <b>V</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>V</b> Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders <b>H</b> Bosco Sticks <b>V</b>
<b>28<sup>th</sup> – 1<sup>st</sup></b>	<b>BBQ Bacon Cheeseburger</b>	<b>Chicken Philly Sandwich</b>	<b>Italian Meatball Sub</b>	<b>Hot Dog</b>	<b>Chicken Club</b>
<b>4<sup>th</sup>-8<sup>th</sup></b>	<b>Philly Cheesesteak</b>	<b>Chicken Parm Sandwich</b>	<b>Bacon Cheeseburger</b>	<b>Pulled Pork Sandwich</b>	<b>Chicken Cordon Blue Sandwich</b>
<b>11<sup>th</sup>-15<sup>th</sup></b>	<b>BBQ Bacon Cheeseburger</b>	<b>Chicken Philly Sandwich</b>	<b>Italian Meatball Sub</b>	<b>Hot Dog</b>	<b>Chicken Club</b>
<b>18<sup>th</sup> – 22<sup>nd</sup></b>	<b>Mid-winter Recess</b>	<b>Mid-winter Recess</b>	<b>Mid-winter Recess</b>	<b>Mid-winter Recess</b>	<b>Mid-winter Recess</b>
<b>25<sup>th</sup> – 1<sup>st</sup></b>	<b>BBQ Bacon Cheeseburger</b>	<b>Chicken Philly Sandwich</b>	<b>Italian Meatball Sub</b>	<b>Hot Dog</b>	<b>Chicken Club</b>

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

## FEBRUARY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>EVERYDAY OPTIONS:</b>	Cheese Pizza <b>V</b> Pepperoni Pizza	Cheese Pizza <b>V</b> Pepperoni Pizza	Cheese Pizza <b>V</b> Pepperoni Pizza	Cheese Pizza <b>V</b> Pepperoni Pizza	Cheese Pizza <b>V</b> Pepperoni Pizza
<b>28<sup>th</sup> – 1<sup>st</sup></b>	<b>Mac &amp; Cheese Pizza</b>	<b>Sausage Pizza</b>	<b>Buffalo Chicken Pizza</b>	<b>Meatball Calzone</b>	<b>Margherita Pizza</b>
<b>4<sup>th</sup>-8<sup>th</sup></b>	<b>BBQ Chicken Pizza</b>	<b>Meatlover’s Calzone</b>	<b>Veggie Pizza <b>V</b></b>	<b>Sausage Pizza</b>	<b>Breakfast Pizza</b>
<b>11<sup>th</sup>-15<sup>th</sup></b>	<b>Buffalo Chicken Pizza</b>	<b>Sausage Pizza</b>	<b>Supreme Pizza</b>	<b>Sausage Calzone</b>	<b>Chicken Spinach Alfredo</b>
<b>18<sup>th</sup> – 22<sup>nd</sup></b>	<b>Mid-winter Recess</b>	<b>Mid-winter Recess</b>	<b>Mid-winter Recess</b>	<b>Mid-winter Recess</b>	<b>Mid-winter Recess</b>
<b>25<sup>th</sup> – 1<sup>st</sup></b>	<b>Mac &amp; Cheese Pizza</b>	<b>Sausage Pizza</b>	<b>Buffalo Chicken Pizza</b>	<b>Meatball Calzone</b>	<b>Margherita Pizza</b>

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. Many of our other daily specials have the option to be made **vegetarian**, just ask!

# FEBRUARY MENU



## DELI

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

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

## FEBRUARY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>28<sup>th</sup> – 1<sup>st</sup></b>	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad <b>V</b>	Buffalo Chicken Wrap American Style Sub Ham and Cheese Chicken Caesar Salad Garden Salad <b>V</b>	Turkey Bacon Club Wrap Turkey and Cheese Turkey Bacon Club Sub Buffalo Chicken Salad Garden Salad <b>V</b>	Italian Sub Italian Wrap Ham and Cheese Chef Salad Garden Salad <b>V</b>	Southwest Wrap Buffalo Chicken Sub Turkey and Cheese Taco Salad Garden Salad <b>V</b>
<b>4<sup>th</sup>-8<sup>th</sup></b>	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad <b>V</b>	American Wrap Ham and Cheese American Sub Chicken Caesar Salad Garden Salad <b>V</b>	Buffalo Chicken Wrap Turkey and Cheese Ham and Cheese Sub Crispy Chicken Salad Garden Salad <b>V</b>	Crispy Chicken Wrap Ham and Cheese American Sub Chef Salad Garden Salad <b>V</b>	Chicken Bacon Wrap Italian Sub Turkey and Cheese Fajita Chicken Salad Garden Salad <b>V</b>
<b>11<sup>th</sup> -15<sup>th</sup></b>	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad <b>V</b>	Buffalo Chicken Wrap American Style Sub Ham and Cheese Chicken Caesar Salad Garden Salad <b>V</b>	Turkey Bacon Club Wrap Turkey and Cheese Turkey Bacon Club Sub Buffalo Chicken Salad Garden Salad <b>V</b>	Italian Sub Italian Wrap Ham and Cheese Chef Salad Garden Salad <b>V</b>	Southwest Wrap Buffalo Chicken Sub Turkey and Cheese Taco Salad Garden Salad <b>V</b>
<b>18<sup>th</sup> – 22<sup>nd</sup></b>	<b>Mid-winter Recess</b>	<b>Mid-winter Recess</b>	<b>Mid-winter Recess</b>	<b>Mid-winter Recess</b>	<b>Mid-winter Recess</b>
<b>25<sup>th</sup> – 1<sup>st</sup></b>	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad <b>V</b>	Buffalo Chicken Wrap American Style Sub Ham and Cheese Chicken Caesar Salad Garden Salad <b>V</b>	Turkey Bacon Club Wrap Turkey and Cheese Turkey Bacon Club Sub Buffalo Chicken Salad Garden Salad <b>V</b>	Italian Sub Italian Wrap Ham and Cheese Chef Salad Garden Salad <b>V</b>	Southwest Wrap Buffalo Chicken Sub Turkey and Cheese Taco Salad Garden Salad <b>V</b>

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