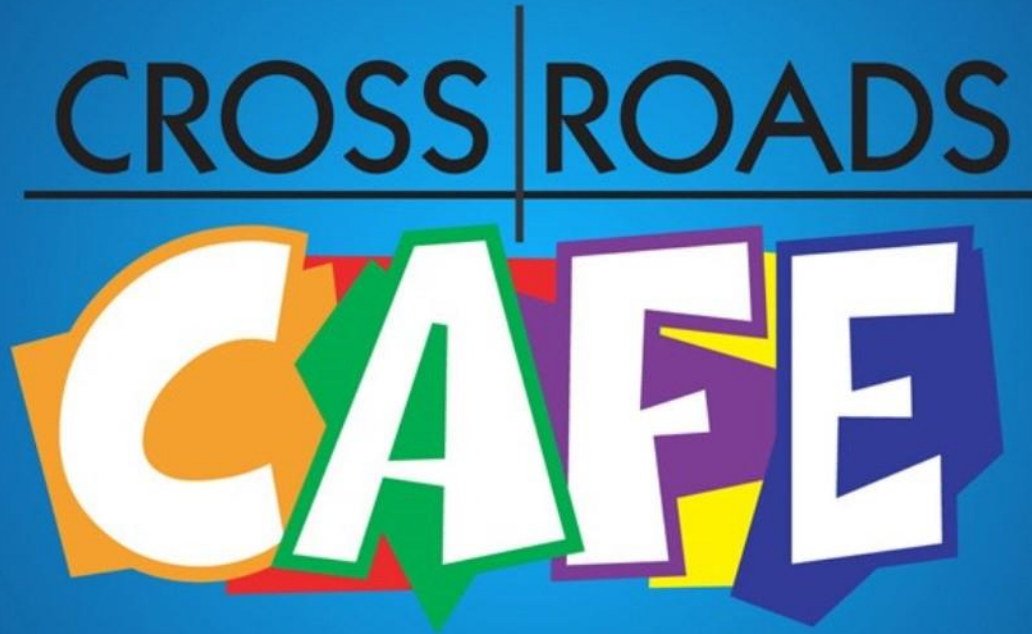


IAE Lunch Menu



December 2018



CREATIONS

DECEMBER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
3rd-7th	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	Irish Nachos with Green Beans	Baked Penne with Green Beans and a Dinner Roll
10th-14th	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 with Refried Beans	Build-Your-Own Breakfast Burritos with Sweet Potato Bites
17th-21st	Enchilada Suiza with Refried Beans	Broccoli Chicken Alfredo with Roasted Carrots and a Dinner Roll	Chili Baked Potatoes with Steamed Broccoli and a Dinner Roll	Early Release Day	Early Release Day

**December 19th – January 4th
Winter Break**

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!



DECEMBER 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
3rd-7th	Philly Cheesesteak	Chicken Parm Sandwich	Bacon Cheeseburger	Pulled Pork Sandwich	Chicken Cordon Blue Sandwich
10th-14th	BBQ Bacon Cheeseburger	Chicken Philly Sandwich	Italian Meatball Sub	Hot Dog	Chicken Club
17th-21st	Philly Cheesesteak	Chicken Parm Sandwich	Bacon Cheeseburger	Early Release Day	Early Release Day

**December 19th – January 4th
Winter Break**

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

DECEMBER 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
3rd-7th	BBQ Chicken Pizza	Meatlover's Calzone	Veggie Pizza V	Sausage Pizza	Breakfast Pizza
10th-14th	Buffalo Chicken Pizza	Sausage Pizza	Supreme Pizza	Sausage Calzone	Chicken Spinach Alfredo
17th-21st	Mushroom Chicken Pizza	Cheese Flatbread V	Bruschetta Pizza	Early Release Day	Early Release Day

**December 19th – January 4th
Winter Break**

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.



DELI

DECEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Protein</u>	<u>Protein</u>	<u>Protein</u>	<u>Protein</u>	<u>Protein</u>
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 V	Hummus V	Hummus V	Hummus V	Hummus V
American Cheese V	American Cheese V	American Cheese V	American Cheese V	American Cheese V
White American/Swiss V	White American/Swiss V	White American/Swiss V	White American/Swiss V	White American/Swiss V
<u>Bread</u> V	<u>Bread</u> V	<u>Bread</u> V	<u>Bread</u> V	<u>Bread</u> V
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
<u>Veggies</u> V	<u>Veggies</u> V	<u>Veggies</u> V	<u>Veggies</u> V	<u>Veggies</u> V
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
<u>Sauce</u> V	<u>Sauce</u> V	<u>Sauce</u> V	<u>Sauce</u> V	<u>Sauce</u> V
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

DECEMBER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
3rd-7th	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
10th-14th	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	Southwest Wrap Buffalo Chicken Sub Turkey and Cheese Taco Salad Garden Salad V
17th-21st	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	Early Release Day	Early Release Day

**December 19th – January 4th
Winter Break**

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.

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