

IAE Lunch Menu



May 2019

MAY MENU

CREATIONS

	Monday	Tuesday	Wednesday	Thursday	Friday
29TH – 3RD	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
6TH-10TH	General Tso's Chicken with Brown Rice and Asian Vegetable Blend	Roasted Turkey with Mashed Potatoes, Gravy, and a Dinner Roll	Early Release Day	Beef or Bean Tacos V with Refried Beans	Pulled Pork Mac & Cheese with Steamed Broccoli
13TH-17TH	Chicken Drumstick with a Dinner Roll and Sweet Potato Fries	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
20TH-24TH	Orange Chicken with Brown Rice served with Asian Vegetable Blend	Mac and Cheese with Dinner Roll and Broccoli V	Chicken Drumstick with Green Beans, Mashed Potatoes and a Biscuit	Chicken Fajitas with Refried Beans	French Toast V with Turkey Sausage and Hash Browns
27TH-31ST	Memorial Day	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

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

MAY 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
29TH – 3RD	Philly Cheesesteak	Chicken Parm Sandwich	Bacon Cheeseburger	Pulled Pork Sandwich	Chicken Cordon Blue Sandwich
6TH-10TH	BBQ Bacon Cheeseburger	Chicken Philly Sandwich	Early Release Day	Hot Dog	Chicken Club
13TH-17TH	Philly Cheesesteak	Chicken Parm Sandwich	Bacon Cheeseburger	Pulled Pork Sandwich	Chicken Cordon Blue Sandwich
20TH-24TH	BBQ Bacon Cheeseburger	Chicken Philly Sandwich	Italian Meatball Sub	Hot Dog	Chicken Club
27TH-31ST	Memorial Day	Chicken Parm Sandwich	Bacon Cheeseburger	Pulled Pork Sandwich	Chicken Cordon Blue Sandwich

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

MAY 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
29TH – 3RD	BBQ Chicken Pizza	Meatlover’s Calzone	Veggie Pizza V	Sausage Pizza	Breakfast Pizza
6TH-10TH	Buffalo Chicken Pizza	Sausage Pizza	Early Release Day	Sausage Calzone	Chicken Spinach Alfredo
13TH-17TH	Mushroom Chicken Pizza	Cheese Flatbread V	Bruschetta Pizza	Sausage Pizza	Chicken Bacon Ranch Pizza
20TH-24TH	Mac & Cheese Pizza	Sausage Pizza	Buffalo Chicken Pizza	Meatball Calzone	Margherita Pizza
27TH-31ST	Memorial Day	Meatlover’s Calzone	Veggie Pizza V	Sausage Pizza	Breakfast Pizza

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MAY 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

MAY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
29TH – 3RD	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
6TH-10TH	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
13TH-17TH	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
20TH-24TH	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
27TH-31ST	Memorial Day	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

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