

# IAE Lunch Menu



June 2018



# CREATIONS

## JUNE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
4 <sup>th</sup> -8 <sup>th</sup>	<b>Sweet &amp; Sour Chicken with Brown Rice</b> Steamed Broccoli	<b>Spaghetti with Meat Sauce or Marinara V &amp; Garlic Breadstick</b> Roasted Italian Vegetables	<b>Pulled Pork with Cornbread Biscuit</b> Sweet Potato Fries	<b>Chili Cheese Fries with Dinner Roll</b> Corn	<b>Cheese Quesadillas or Nachos</b> Aztec Corn
11 <sup>h</sup> -15 <sup>th</sup>	<b>Chef's Creation with Vegetable</b>	<b>Chef's Creation with Vegetable</b>	<b>Chef's Creation with Vegetable</b>	<i>Exams</i>	<i>Exams</i>

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!



# GRILL

## JUNE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>4<sup>th</sup>-8<sup>th</sup></b>	<b>Philly Cheesesteak</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>	<b>Chicken Parm Sandwich</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>	<b>Bacon Cheeseburger</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>	<b>Pulled Pork Sandwich</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>	<b>Chicken Cordon Bleu</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>
<b>11<sup>h</sup>-15<sup>th</sup></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>	<i>Exams</i>	<i>Exams</i>

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

## JUNE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>4<sup>th</sup>-8<sup>th</sup></b>	<b>BBQ Chicken Pizza</b> Cheese Pizza ✓ Pepperoni Pizza	<b>Bosco Sticks &amp; Sauce ✓</b> Cheese Pizza ✓ Pepperoni Pizza	<b>Garden Veggie Pizza ✓</b> Cheese Pizza ✓ Pepperoni Pizza	<b>Sausage Pizza</b> Cheese Pizza ✓ Pepperoni Pizza	<b>Hawaiian Pizza</b> Cheese Pizza ✓ Pepperoni Pizza
<b>11<sup>h</sup>-15<sup>th</sup></b>	<b>Chef's Creation Pizza</b> Cheese Pizza ✓ Pepperoni Pizza	<b>Chef's Creation Pizza</b> Cheese Pizza ✓ Pepperoni Pizza	<b>Chef's Creation Pizza</b> Cheese Pizza ✓ Pepperoni Pizza	<i>Exams</i>	<i>Exams</i>

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 ✓ are vegetarian.

# JUNE MENU

## DELI

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

## JUNE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>4<sup>th</sup>-8<sup>th</sup></b>	Turkey and Cheese Ham and Cheese Chicken Caesar Wrap Chef Salad Garden Salad <b>V</b>	Ham and Cheese American Sub American Wrap Chicken Caesar Salad Garden Salad <b>V</b>	Turkey and Cheese Ham and Cheese Sub Buffalo Chicken Wrap Crispy Chicken Salad Garden Salad <b>V</b>	Ham and Cheese American Sub Crispy Chicken Wrap Chef Salad Garden Salad <b>V</b>	Turkey and Cheese Italian Sub Ranch Chicken Wrap Chicken Fajita Salad Garden Salad <b>V</b>
<b>11<sup>h</sup>-15<sup>th</sup></b>	Turkey, Ham OR Chicken Sandwiches Deli Salad Garden Salad <b>V</b>	Turkey, Ham OR Chicken Sandwiches Deli Salad Garden Salad <b>V</b>	Turkey, Ham OR Chicken Sandwiches Deli Salad Garden Salad <b>V</b>	<i>Exams</i>	<i>Exams</i>

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.**