

# ELLIS 2024 MENU

\* Meal and meal component substitutions made by iCater may occur without notice and will meet or exceed all SLP or CACFP meal pattern requirements.

\* Meal and meal component substitutions requested by the customer, may not meet all SLP or CACFP meal pattern requirements.



iCater

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Breakfast</b> – Cheerios, Milk (8oz), Apple(1ea)</p> <p><b>Lunch</b> – Meat Lasagna(8oz) , Broccoli (3/4 cup), WW Dinner Roll(1oz), w/Butter, Milk (8oz), Cantaloupe (1 slice)</p> <p><b>Snack</b> –Unsweetened Apple sauce and saltines (2ea)</p> <p style="text-align: right;"><b>1</b></p>	<p><b>Breakfast</b> –WW Bagel, Cream Cheese, Milk (8oz) , Banana(1ea)</p> <p><b>Lunch</b> – Turkey (2 slices) &amp; Cheese (1 slice) Sandwich Chilled peaches (4oz),</p> <p><b>Snack</b> – Goldfish crackers (1ea), yogurt (4 oz)</p> <p style="text-align: right;"><b>2</b></p>	<p><b>Breakfast</b> – Apple Muffin(2oz), Milk (8oz) , Apple(1ea)</p> <p><b>Lunch</b> –Meatball Subs(4oz) with Shredded Mozzarella (1oz), WW Sub Roll, Carrots (3/4 cup), Milk (8oz), Honeydew (1 slice)</p> <p><b>Snack</b> – Cheez-its (1pk, Apple(1ea)</p> <p style="text-align: right;"><b>3</b></p>	<p><b>Breakfast</b> – Kix Cereal, Milk (8oz) , Banana (1ea)</p> <p><b>Lunch</b>- Roast Turkey (4oz), with Gravy (1oz), Sweet Potatoes (3/4 cup) , and Mixed Vegetables (3/4 cup) &amp; WW Dinner Roll (1oz), butter, Milk (8oz), Orange (1 each)</p> <p><b>Snack</b> – Multi-grain sun chips, (1oz pineapple (4 oz)</p> <p style="text-align: right;"><b>4</b></p>
<p><b>Breakfast</b> – Corn Muffin(2oz), Milk (8oz), Orange(1ea)</p> <p><b>Lunch</b> – Chicken Parmesan (3oz), WW pasta (2oz), Broccoli (3/4 cup), Milk (8oz), Apple (1ea)</p> <p><b>Snack</b> – Cheese Stick (1oz), Graham Crackers (1ea)</p> <p style="text-align: right;"><b>7</b></p>	<p><b>Breakfast</b> – Cheerios, Milk (8oz), Apple (1ea)</p> <p><b>Lunch</b> – Breaded Chicken Tenders (5 each 4oz) with BBQ Dipping Sauce (1oz), with Carrots (3/4 cup) , WW Dinner Roll (1oz), butter, Milk (8oz), Pears (4oz)</p> <p><b>Snack</b> – Unsweetened Apple sauce and saltines (2ea)</p> <p style="text-align: right;"><b>8</b></p>	<p><b>Breakfast</b> – WW Bagel, Cream Cheese, Milk (8oz) , Banana(1ea)</p> <p><b>Lunch</b> –Tortellini Marinara (6oz), Mixed vegetables (3/4 cup) , Braised white beans (3/4 cup), WW bread, (1oz) butter, Milk (8oz), Chilled Pears (4oz)</p> <p><b>Snack</b> – Goldfish crackers (1ea), yogurt (4 oz)</p> <p style="text-align: right;"><b>9</b></p>	<p><b>Breakfast</b> – Apple Muffin(2oz), Milk (8oz) , Apple(1ea)</p> <p><b>Lunch</b> – Cheeseburger (3oz), Cheese (1oz), WW Bun (1oz), Ketchup (3oz), Mixed Vegetables (3/4 cup), Milk (8oz), Cantaloupe (1 slice)</p> <p><b>Snack</b> –Cheez-its (1pk), Apple (1ea)</p> <p style="text-align: right;"><b>10</b></p>	<p><b>Breakfast</b> – Corn Flakes Cereal, Milk (8oz), Banana(1ea)</p> <p><b>Lunch</b> –Mac &amp; Cheese (6oz), Popcorn Chicken (3oz), Green Beans (3/4 cup), WW Roll (1oz), butter, Milk (8oz), Chilled Peaches (4oz)</p> <p><b>Snack</b> – Multi-grain sun chips (1oz, pineapple (4 oz)</p> <p style="text-align: right;"><b>11</b></p>
	<p><b>Breakfast</b> – Cheerios, Milk (8oz) , Apple(1ea)</p> <p><b>Lunch</b> –Salisbury Steak (3oz) with Gravy (2oz), Roasted Potatoes (3/4 cup), Carrots (3/4 cup) WW Dinner Roll (1oz), butter, Milk (8oz), Orange</p> <p><b>Snack</b> - Unsweetened Apple sauce and saltines (2ea)</p> <p style="text-align: right;"><b>15</b></p>	<p><b>Breakfast</b> – WW Bagel, Cream Cheese, Milk (8oz) , Banana (1ea)</p> <p><b>Lunch</b> – Pancakes (3oz), Sausage Patty (2oz), Tater Tots (3/4 cup), Syrup, Milk (8oz), Apple</p> <p><b>Snack</b>-Goldfish crackers (1ea), yogurt(4 oz)</p> <p style="text-align: right;"><b>16</b></p>	<p><b>Breakfast</b> – Apple Muffin(2oz), Milk (8oz) , Apple(1ea)</p> <p><b>Lunch</b> –Chicken Nuggets (5 each 4oz), w/ Sour Dipping Sauce (2oz), Mixed Vegetables (3/4 cup), WW Dinner Roll (1oz), butter, Milk (8oz), Mandarins (4oz)</p> <p><b>Snack</b> – Cheez-its (1pk, Apple(1ea)</p> <p style="text-align: right;"><b>17</b></p>	<p><b>Breakfast</b> – Kix Cereal, Milk (8oz) , Banana(1ea)</p> <p><b>Lunch</b> – Cheese Ravioli (3oz) and meatballs (2oz) with marinara, Cali-Gold Vegetables (3/4 cup), WW Dinner Roll (1oz), Butter, Milk (8oz), Chilled Pears (4oz)</p> <p><b>Snack</b> -Multi-grain sun chips (1oz, pineapple (4 oz)</p> <p style="text-align: right;"><b>18</b></p>
<p><b>Breakfast</b> – Corn Muffin(2oz), Milk (8oz), Orange(1ea)</p> <p><b>Lunch</b>- Barbequed Chicken Sandwich, (4 oz), Green Beans (3/4 cup), WW Bun (8oz), butter, Milk (8oz), Cantaloupe (1 slice)</p> <p><b>Snack</b> – Cheese Stick (1oz), Graham Crackers (1ea)</p> <p style="text-align: right;"><b>21</b></p>	<p><b>Breakfast</b> – Cheerios, Milk (8oz) , Apple(1ea)</p> <p><b>Lunch</b> – Meat Lasagna(8oz), Broccoli (3/4 cup), WW Bread Slice (1oz), w/Butter, Milk (8oz), Chilled Peaches (4oz)</p> <p><b>Snack</b> – Unsweetened Apple sauce and saltines (2ea)</p> <p style="text-align: right;"><b>22</b></p>	<p><b>Breakfast</b> – WW Bagel, Cream Cheese, Milk (8oz) , Banana(1ea)</p> <p><b>Lunch</b> –Mac &amp; Cheese (6oz), Popcorn Chicken (3oz), WW Roll (1oz), butter, and Garden Veg (3/4 cup), Milk(8oz), Honey Dew (1 slice)</p> <p><b>Snack</b> – Goldfish crackers(1ea), yogurt(4 oz)</p> <p style="text-align: right;"><b>23</b></p>	<p><b>Breakfast</b> – Apple Muffin(2oz), Milk (8oz), Apple (1ea)</p> <p><b>Lunch</b> –Cheeseburger (3oz), Cheese (1oz), WW Burger Bun (1oz), Ketchup (3oz), Peas &amp; Carrots (3/4 cup), Milk (8oz)/Orange</p> <p><b>Snack</b> – Cheez-its (1pk, Apple (1ea)</p> <p style="text-align: right;"><b>24</b></p>	<p><b>Breakfast</b> – Corn Flakes, Cereal, Milk (8oz), Banana (1ea)</p> <p><b>Lunch</b> –Cheese Pasta Roll-up (1ea), w/ Meatballs (3) &amp; Tomato Sauce, mixed Vegetables (3/4 cup), WW Roll (1oz), butter, Milk (8oz), Apples</p> <p><b>Snack</b> – Multi-grain sun chips(1oz, pineapple (4 oz)</p> <p style="text-align: right;"><b>25</b></p>
<p><b>Breakfast</b> –Corn Muffin, (2oz) Milk(8oz), Orange (1ea)</p> <p><b>Lunch</b> – Grilled Chicken w/Cream (4 oz) Sauce, Mashed Potatoes (3/4 cup), Green Beans (3/4 cup) , WW Bread Slice (1oz) w/Butter, Milk (8oz), Chilled Mandarins (4oz)</p> <p><b>Snack</b>- Cheddar Cheese Stick (1oz), Graham crackers (1ea)</p> <p style="text-align: right;"><b>28</b></p>	<p><b>Breakfast</b> – Cheerios, Milk (8oz), Apple (1ea)</p> <p><b>Lunch</b> – Meat Lasagna (8oz), Broccoli (3/4 cup), WW Dinner Roll (1oz), w/Butter, Milk (8oz), Cantaloupe (1 slice)</p> <p><b>Snack</b> –Unsweetened Apple sauce and saltines (2ea)</p> <p style="text-align: right;"><b>29</b></p>	<p><b>Breakfast</b> –WW Bagel, Cream Cheese, Milk (8oz) , Banana(1ea)</p> <p><b>Lunch</b> – Turkey (2 slices) &amp; Cheese (1 slice) Sandwich Chilled peaches (4oz),</p> <p><b>Snack</b> – Goldfish crackers (1ea), yogurt (4 oz)</p> <p style="text-align: right;"><b>30</b></p>	<p><b>Breakfast</b> – Apple Muffin (2oz), Milk (8oz), Apple(1ea)</p> <p><b>Lunch</b> –Meatball Subs (4oz) with Shredded Mozzarella (1oz), WW Sub Roll, Carrots (3/4 cup), Milk (8oz), Honeydew (1 slice)</p> <p><b>Snack</b> – Cheez-its (1pk, Apple (1ea)</p> <p style="text-align: right;"><b>31</b></p>	