

ELLIS 2024 MASTER 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>Breakfast – Corn Muffin(2oz), Milk (8oz), Orange(1ea)</p> <p>Lunch –Chicken Parmesan (3oz), WW pasta (2oz), Broccoli (3/4 cup), Milk (8oz), Apple(1ea)</p> <p>Snack – Cheese Stick(1oz), Graham Crackers(1ea)</p> <p style="text-align: right;">4</p>	<p>Breakfast – Cheerios, Milk (8oz) , Apple(1ea)</p> <p>Lunch –Breaded Chicken Tenders (5 each 4oz) with BBQ Dipping Sauce (1oz), with Carrots (3/4 cup) and WW Dinner Roll (1oz), butter,-Milk (8oz), Pears (4oz)</p> <p>Snack – Unsweetened Apple sauce and saltines(2ea)</p> <p style="text-align: right;">5</p>	<p>Breakfast – WW Bagel, Cream Cheese, Milk (8oz) , Banana(1ea)</p> <p>Lunch –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>Snack – Goldfish crackers(1ea), yogurt(4 oz)</p> <p style="text-align: right;">6</p>	<p>Breakfast – Apple Muffin(2oz), Milk (8oz) , Apple(1ea)</p> <p>Lunch – Cheeseburger (3oz), Cheese (1oz), WW Bun (1oz), Ketchup (3oz), Mixed Vegetables (3/4 cup), Milk (8oz), Cantaloupe (1 slice)</p> <p>Snack –Cheez-its(1pk), Apple(1ea)</p> <p style="text-align: right;">7</p>	<p>Breakfast – Kix Cereal, Milk (8oz) , Banana(1ea)</p> <p>Lunch- Beef Tacos (2ea), Brown Rice & Beans (1/2 cup) and Mixed Vegetables (3/4 cup) Milk (8oz), Orange (1 each)</p> <p>Snack – Multi-grain sun chips, (1oz pineapple (4 oz)</p> <p style="text-align: right;">1</p>
<p style="text-align: right;">11</p>	<p>Breakfast – Cheerios, Milk (8oz) , Apple(1ea)</p> <p>Lunch – Chicken and Rottini Pasta Salad (1cup), and Sliced Cucumbers (1/2cup), WW Dinner Roll (1oz), butter, Milk (8oz), Orange</p> <p>Snack-Unsweetened Apple sauce and saltines(2ea)</p> <p style="text-align: right;">12</p>	<p>Breakfast – WW Bagel, Cream Cheese, Milk (8oz) , Banana(1ea)</p> <p>Lunch – Pancakes (3oz), Sausage Patty (2oz), Tater Tots (3/4 cup), Syrup, Milk(8oz), Apple</p> <p>Snack-Goldfish crackers(1ea), yogurt(4 oz)</p> <p style="text-align: right;">13</p>	<p>Breakfast – Apple Muffin(2oz), Milk (8oz) , Apple(1ea)</p> <p>Lunch –Chicken Nuggets (5 each 4oz), w/ Sour Dipping Sauce (2oz), carrots (3/4 cup), WW Dinner Roll (1oz), butter, Milk (8oz), Mandarins(4oz)</p> <p>Snack – Cheez-its(1pk, Apple(1ea)</p> <p style="text-align: right;">14</p>	<p style="text-align: right;">8</p> <p>Breakfast – Kix Cereal, Milk (8oz) , Banana(1ea)</p> <p>Lunch – 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>Snack -Multi-grain sun chips(1oz, pineapple (4 oz)</p> <p style="text-align: right;">15</p>
<p>Breakfast – Corn Muffin(2oz), Milk (8oz), Orange(1ea)</p> <p>Lunch- Beef Tacos (2ea), Brown Rice & Beans (1/2 cup),Green Beans (3/4 cup), Milk (8oz), Cantaloupe (1 slice)</p> <p>Snack – Cheese Stick(1oz), Graham Crackers (1ea)</p> <p style="text-align: right;">18</p>	<p>Breakfast – Cheerios, Milk (8oz) , Apple(1ea)</p> <p>Lunch – Meat Lasagna(8oz), Broccoli (3/4 cup), WW Bread Slice (1oz), w/Butter, Milk (8oz), Chilled Peaches (4oz)</p> <p>Snack – Unsweetened Apple sauce and saltines (2ea)</p> <p style="text-align: right;">19</p>	<p>Breakfast – WW Bagel, Cream Cheese, Milk (8oz) , Banana(1ea)</p> <p>Lunch –Mac & Cheese (6oz), Popcorn Chicken (3oz), WW Roll (1oz), butter, and Garden Veg (3/4 cup), Milk(8oz), Honey Dew (1 slice</p> <p>Snack – Goldfish crackers(1ea), yogurt(4 oz)</p> <p style="text-align: right;">20</p>	<p>Breakfast – Apple Muffin(2oz), Milk (8oz), Apple(1ea)</p> <p>Lunch –Cheeseburger (3oz), Cheese (1oz), WW Burger Bun (1oz), Ketchup (3oz), Peas & Carrots (3/4 cup), Milk (8oz)/Orange</p> <p>Snack – Cheez-its (1pk, Apple(1ea)</p> <p style="text-align: right;">21</p>	<p>Breakfast – Corn Flakes, Cereal, Milk (8oz) , Banana(1ea)</p> <p>Lunch –Cheese Pasta Roll-up (1ea), w/ Meatballs (3) & Tomato Sauce, mixed Vegetables (3/4 cup), WW Roll(1oz), butter, Milk (8oz), Apples</p> <p>Snack – Multi-grain sun chips(1oz, pineapple (4 oz)</p> <p style="text-align: right;">22</p>
<p>Breakfast –Corn Muffin, (2oz) Milk(8oz), Orange (1ea)</p> <p>Lunch – French Bread Cheese Pizza (1ea), Green Beans (3/4 cup) , WW Bread Slice (1oz) w/Butter Milk (8oz), Chilled Mandarins(4oz)</p> <p>Snack- Cheddar Cheese Stick(1oz), Graham crackers(1ea)</p> <p style="text-align: right;">25</p>	<p>Breakfast – Cheerios, Milk (8oz), Apple(1ea)</p> <p>Lunch – Meat Lasagna(8oz) , Broccoli (3/4 cup), WW Dinner Roll(1oz), w/Butter, Milk (8oz), Cantaloupe (1 slice)</p> <p>Snack –Unsweetened Apple sauce and saltines(2ea)</p> <p style="text-align: right;">26</p>	<p>Breakfast –WW Bagel, Cream Cheese, Milk (8oz) , Banana(1ea)</p> <p>Lunch – Turkey (2 slices) & Cheese (1 slice) Sandwich Chilled peaches (4oz)</p> <p>Snack – Goldfish crackers(1ea), yogurt(4 oz)</p> <p style="text-align: right;">27</p>	<p style="text-align: right;">28</p>	
<p style="text-align: right;">29</p>				