



# Ilwaco High School MENU



2019!

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Waffle  <b>BBQ Ribs, Scalloped Potatoes, Corn on the Cob</b>
4 Pancakes  <b>Spaghetti w/Meat Sauce, Steamed Veggies, Garlic Bread</b>	5 Cheese Omelet, Cereal  <b>Teriyaki Beef Dippers w/Rice, Steamed Broccoli</b>	6 French Toast  <b>Beef or Chicken Nachos, Refried Beans</b>	7 Breakfast Pizza  <b>Orange Chicken w/Rice, Oriental Veggies</b>	8 Assorted Cereal, Fruit  <b>BBQ Beef Patty Sandwich, Baked Beans, Coleslaw</b>
11 Yogurt Parfait  <b>Pasta Alfredo, Peas &amp; Carrots, Green Salad</b>	12 Cinnamon Roll  <b>Chicken Drumstick, Mashed Potatoes, Green Beans</b>	13 Scrambled Eggs, Cereal, Sausage Patty  <b>Chicken Nachos, Steamed Veggies</b>	14 Breakfast Burrito  <b>Yakisoba Noodles, Tso Chicken, Oriental Veggies</b>	15  <b>Inclement Weather Day or NO SCHOOL</b>
18  <b>NO SCHOOL</b>	19 Ham, Egg & Cheese Sandwich  <b>Meatball Sandwich, Fries, Mixed Veggies</b>	20 Breakfast Pizza  <b>Chicken or Beef Nachos, Refried Beans</b>	21 Oatmeal, Hard Boiled Egg  <b>Teriyaki Chicken w/Rice, Mixed Veggies</b>	22 Whole Grain Pop Tart, Cereal  <b>Chili Dog w/Cheese &amp; Onions, Tater Tots, Corn</b>
25 Breakfast Wrap, Cereal  <b>Chicken Enchilada, Refried Beans, Mexican Rice</b>	26 Cheese Omelet, Cereal  <b>Turkey w/Gravy, Mashed Potatoes, Green Beans</b>	27 Oatmeal, Hard Boiled Egg  <b>Beef or Chicken Nachos, Refried Beans</b>	28 Whole Grain Pop Tart, Cereal  <b>Orange Chicken w/Rice, Oriental Veggies</b>	

USDA is an Equal Opportunity Provider

**MENU SUBJECT TO CHANGE**

Salad bar available daily. Choice of non-fat chocolate or 1% white milk served with every meal.  
 Parents may arrange to eat meals with your student by calling the school. Adult meals – \$4.75.  
 The supper program is offered at Ocean Park Elementary, Long Beach Elementary and Ilwaco High School.