

IHS February 2010 Lunch Menu

Student Lunch \$2.25 (includes milk) - 8 oz. milk .45 cents - Adult lunch \$3.75 tax included

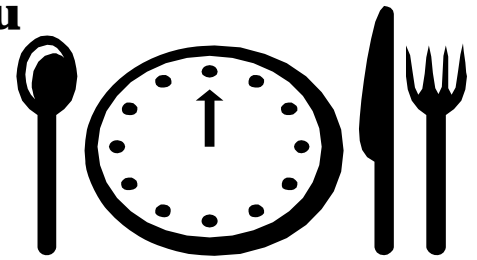
DELI SHOP FEATURES HOMEMADE SOUP DAILY—AS AN EXTRA

Free and Reduced applications and information for Pre-paid lunches Call: 336-2953

* denotes pork product

** Burger Variety, Hamburgers, Cheeseburgers, Veggie Burgers

Menu is subject to change. We do not accept Canadian money



Mon	Tue	Wed	Thu	Fri
Pasta w/ meatballs 1 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/Fresh Fruit</i>	Buffalo Chicken Wrap 2 Chicken Pattie Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Philly Cheese Steak 3 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Popcorn Chicken 4 **Burger Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Toasted Cheese 5 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch BONUS: ICE JUICEE <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>
Fren. Toast Sticks w/sausage 8 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/Fresh Fruit</i>	Pretzel w/ cheese sauce 9 Chicken Pattie Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Turkey Club Wrap 10 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Hotdog w/ Fries 11 **Burger Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Heart Shape Nuggets 12 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch HAPPY VALENTINES DAY <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>
15 NO SCHOOL WINTER RECESS	16 NO SCHOOL WINTER RECESS	17 NO SCHOOL WINTER RECESS	18 NO SCHOOL WINTER RECESS	19 NO SCHOOL WINTER RECESS
Sesame Chicken 22 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/Fresh Fruit</i>	Shrimp Poppers 23 Chicken Pattie Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch BONUS: ICE JUICEE <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Cheese Calzone 24 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Taco Salad 25 **Burger Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Fish Sandwich 26 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>

IHS March 2010 Lunch Menu

Student Lunch \$2.25 (includes milk) - 8 oz. milk .45 cents - Adult lunch \$3.75 tax included

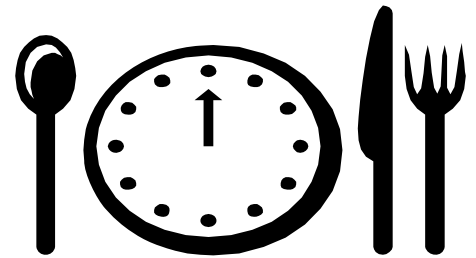
DELI SHOP FEATURES HOMEMADE SOUP DAILY—AS AN EXTRA

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Mon	Tue	Wed	Thu	Fri
ABC123 Nuggets 1 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch READ ACROSS AMERICA <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/Fresh Fruit</i>	Chicken Parmesan 2 **Burger Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/ Fresh Fruit</i>	Philly Cheese Steak 3 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/ Fresh Fruit</i>	Popcorn Chicken 4 Chicken Pattie Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/ Fresh Fruit</i>	Toasted Cheese 5 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch BONUS: ICE JUICEE <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/ Fresh Fruit</i>
French toast Sticks w/sausage 8 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/Fresh Fruit</i>	Pretzel w/ cheese sauce 9 **Burger Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/ Fresh Fruit</i>	Turkey Club Wrap 10 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/ Fresh Fruit</i>	Hotdog w/ Fries 11 Chicken Pattie Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/ Fresh Fruit</i>	Sea Dog 12 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/ Fresh Fruit</i>
Sesame Chicken w/rice 15 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch BONUS: ICE JUICEE <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/Fresh Fruit</i>	Shrimp Poppers 16 **Burger Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch BONUS: ICE JUICEE <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/ Fresh Fruit</i>	Chicken Nuggets w/ rice 17 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/ Fresh Fruit</i>	Taco Salad 18 Chicken Pattie Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/ Fresh Fruit</i>	Mozz Sticks w/ sauce 19 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/ Fresh Fruit</i>
Nuggets 22 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/Fresh Fruit</i>	Chicken Parmesan 23 **Burger Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/ Fresh Fruit</i>	Philly Cheese Steak 24 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/ Fresh Fruit</i>	Popcorn Chicken 25 Chicken Pattie Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/ Fresh Fruit</i>	Toasted Cheese 26 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch BONUS: ICE JUICEE <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/ Fresh Fruit</i>
French Toast Sticks w/ sage * 29 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/Fresh Fruit</i>	Pretzel w/ cheese sauce 30 **Burger Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/ Fresh Fruit</i>	Turkey Club Wrap 31 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable</i> <i>Canned Fruit/Juice/ Fresh Fruit</i>		

IHS April 2010 Lunch Menu

Student Lunch \$2.25 (includes milk) - 8 oz. milk .45 cents - Adult lunch \$3.75 tax included

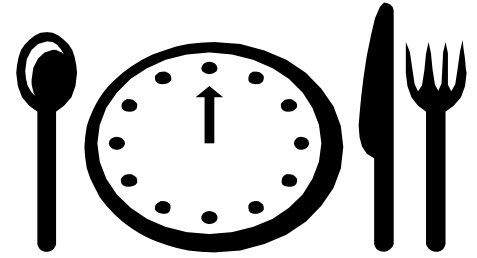
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** Burger Variety, Hamburgers, Cheeseburgers, Veggie Burgers

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Mon	Tue	Wed	Thu	Fri
			Hotdog w/ Fries 1 Spicy Chicken Pattie Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	2 NO SCHOOL GOOD FRIDAY
Sesame Chicken w/rice 5 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/Fresh Fruit</i>	Shrimp Poppers 6 **Burger Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch BONUS: ICE JUICEE <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Chicken Nuggets w/ rice 7 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Taco Salad 8 Spicy Chicken Pattie Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Mozz Sticks w/ sauce 9 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>
Pasta w/ meatballs 12 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/Fresh Fruit</i>	Chicken Parmesan 13 **Burger Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Popcorn Chicken 14 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Steak Sandwich 15 Spicy Chicken Pattie Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Home Run Nuggets 16 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch OPENING DAY BASEBALL <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>
19 SPRING RECESS	20 SPRING RECESS	21 SPRING RECESS	22 SPRING RECESS	23 SPRING RECESS
Chili w corn chips 26 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/Fresh Fruit</i>	Pretzel w/ cheese sauce 27 **Burger Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Chicken Fijita 28 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Hotdog w/ Fries 29 Spicy Chicken Pattie Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Sandwiches—Variety 30 Pizza Buffalo Chix Tender Wrap Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>

IHS May 2010 Lunch Menu

Student Lunch \$2.25 (includes milk) - 8 oz. milk .45 cents - Adult lunch \$3.75 tax included

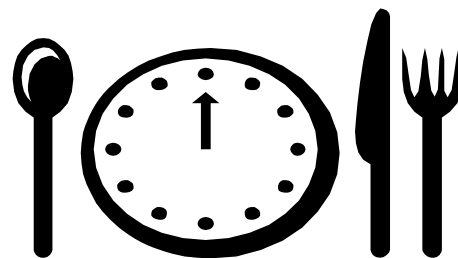
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Mon	Tue	Wed	Thu	Fri
Sesame Chicken w/rice 3 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/Fresh Fruit</i>	Shrimp Poppers 4 **Burger Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch BONUS: ICE JUICEE <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Cinco De Mayo Nuggets 5 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Taco Salad 6 Spicy Chicken Pattie Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Mozz Sticks w/ sauce 7 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>
Pasta w/ meatballs 10 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/Fresh Fruit</i>	Chicken Parmesan 11 **Burger Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Popcorn Chicken 12 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Steak Sandwich 13 Spicy Chicken Pattie Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Toasted Cheese w/tator tots 14 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch BONUS: ICE JUICEE <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>
Chili w corn chips 17 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/Fresh Fruit</i>	Pretzel w/ cheese sauce 18 **Burger Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Chicken Fijita 19 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Hotdog w/ Fries 20 Spicy Chicken Pattie Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Bagel & Yogurt Lunch 21 Pizza Sandwiches—Variety Salads to Go Buffalo Chix Tender Wrap <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>
Sesame Chicken w/rice 24 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/Fresh Fruit</i>	Shrimp Poppers 25 **Burger Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch BONUS: ICE JUICEE <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Chicken Nuggets w/ rice 26 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Taco Salad 27 Spicy Chicken Pattie Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Mozz Sticks w/ sauce 28 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>
31 NO SCHOOL MEMORIAL DAY				

IHS June 2010 Lunch Menu

Student Lunch \$2.25 (includes milk) - 8 oz. milk .45 cents - Adult lunch \$3.75 tax included

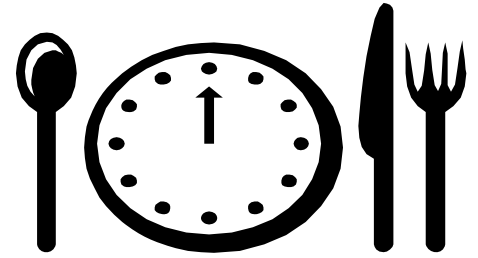
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Mon	Tue	Wed	Thu	Fri
	Chicken Parmesan 1 **Burger Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Popcorn Chicken 2 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Steak Sandwich 3 Spicy Chicken Pattie Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Toasted Cheese w/ stars 4 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch BONUS: ICE JUICEE <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>
Chili w corn chips 7 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/Fresh Fruit</i>	Pretzel w/ cheese sauce 8 **Burger Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	Chicken Fijita 9 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	COOK'S CHOICE 10 Spicy Chicken Pattie Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>	COOK'S CHOICE 11 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/ Fresh Fruit</i>
COOK'S CHOICE 14 Pizza Sandwiches—Variety Salads to Go Bagel & Yogurt Lunch <i>Hot Vegetable /Cold Vegetable Canned Fruit/Juice/Fresh Fruit</i>	15 FINAL EXAMS	16 FINAL EXAMS	17 FINAL EXAMS	18 FINAL EXAMS
21 FINAL EXAMS	22 FINAL EXAMS	23 FINAL EXAMS	24 FINAL EXAMS	25
28	29	30		