

IWM Fall & Winter 2023 -24 - Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Fresh Fruit Cinnamon Oatmeal Scrambled Egg Whole Wheat Toast Assorted Cold Cereal Peanut Butter Snack Muffin	Fresh Fruit Cream of Wheat Poached Egg Whole Wheat Toast - Assorted Cold Cereal Peanut Butter Whole Wheat Toast	Fresh Fruit Oatmeal Scrambled Egg French Toast Assorted Cold Cereal Peanut Butter Whole Wheat Toast	Fresh Fruit Cream of Wheat Scrambled Egg Whole Wheat Toast Mini Croissant Assorted Cold Cereal Scrambled Eggs Peanut Butter Whole Wheat Toast	Fresh Fruit Cinnamon Oatmeal Whole Wheat Toast Mini Croissant Assorted Cold Cereal Scrambled Eggs Peanut Butter Whole Wheat Toast	Fresh Fruit Cream of Wheat Cheddar Cheese Whole Wheat Toast Assorted Cold Cereal Scrambled Egg Whole Wheat Toast	Fresh Fruit Cream of Wheat Scrambled Eggs Whole Wheat Toast Bacon Strips Assorted Cold Cereal Peanut Butter
<b>LUNCH</b>						
Honey Glazed Ham Scalloped Potatoes French Cut Green Beans Whole Wheat Bread Banana Cake Baked Pollock Lemon Wedge Mashed Potatoes Sweet Balsamic Brussels Sprouts Chilled Diced Pears	Butter Chicken Basmati Rice Broccoli Florets Naan Bread Lemon Cake Beef Pot Pie Fusion Mix Vegetables Crushed Pineapple	Shrimp Scampi Grilled Peppers & Onions Whole Wheat Bread Strawberry Cloud Cake Vegetable Chili Winter Vegetables Whole Wheat Bread Cornbread Chilled Apricots	Honey Garlic Chicken Roasted Potatoes Pick of the Day Vegetable Blend Whole Wheat Bread Brownie Spaghetti & Meatballs LoCal Caesar Salad Garlic Bread Chilled Apple Slices	Battered Pollock Poultry Gravy French Fries Creamy Coleslaw Whole Wheat Bread Assorted Ice Cream Assorted Sandwich Creamy Coleslaw Whole Wheat Bread Mango	Beef Salisbury Steakette Ckd Beef Gravy Mashed Potatoes California Vegetables Whole Wheat Bread Pie Assorted Veggie Quesadillas Sunrise Vegetables Whole Wheat Bread Strawberries	Roast Turkey Turkey Gravy Garlic Mashed Potatoes Whipped Squash Whole Wheat Bread Pie Assorted Veggie Quesadillas Sunrise Vegetables Whole Wheat Bread Strawberries
<b>DINNER</b>						
Tomato Soup Unsalted Soda Crackers Hamburger on Wheat Bun Greek Salad Lettuce/Tomato/Pickle/Onion Rhubarb Pineapple Compo Vegetable & Cheese Omelette Potato Hashbrowns Green Peas Assorted Ice Cream	Unsalted Soda Crackers Mulligatawny Soup Macaroni & Cheese Stewed Tomatoes Turkey w/Lettuce on Whole Wheat Tossed Ranch Salad Assorted Gelatin	Pea Soup Unsalted Soda Crackers Perogies w/Bacon Italian Mixed Vegetables Whole Wheat Bread Fruit Cocktail Quiche Florentine Sliced Carrots Whole Wheat Bread Assorted Pudding	Homemade Vegetable Barley Soup Unsalted Soda Crackers Cottage Cheese Fruit Plate Assorted Muffin Chilled Diced Peaches Weiners & Beans Buttered Corn Assorted Dinner Rolls Frosted Mocha Cake	Unsalted Soda Crackers Cream of Potato & Leek Soup Salami on Wheat Pickled Beets Chilled Tropical Fruit Breaded Chicken Balls Veggie Fried Rice Asian Vegetables Assorted Mousse	Country Bean & Vegetable Soup Unsalted Soda Crackers Mini Submarine Sandwich Steamed Kale Marinated Cucumbers Mandarin Oranges Roasted Vegetable Lasagna Garlic Stick Maple Pudding Cake	Unsalted Soda Crackers Chicken Noodle Soup Cabbage Rolls Wheat Roll Prince Edward Vegetables Chilled Diced Pears Tuna Salad Sandwich WW Spinach Salad w/Pecans Salty Caramel Ice Cream on Stick

Note: Choice of breads (raisin bread, English Muffin, Rye bread) are available upon request.

**IWM Fall & Winter 2023 -24 - Week 2**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
<b>Fresh Fruit</b> <b>Oatmeal</b> <b>Scrambled Egg</b> <b>Snack Muffin</b> Assorted Cold Cereal Peanut Butter Whole Wheat Toast	<b>Fresh Fruit</b> <b>Cinnamon Oatmeal</b> <b>Scrambled Eggs</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal Peanut Butter Whole Wheat Toast Waffles	<b>Fresh Fruit</b> <b>Cinnamon Oatmeal</b> <b>Scrambled Eggs</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal Peanut Butter Whole Wheat Toast Waffles	<b>Fresh Fruit</b> <b>Oatmeal</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal Scrambled Egg Whole Wheat Toast Mini Croissant	<b>Fresh Fruit</b> <b>Cream of Wheat</b> <b>Scrambled Egg</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal Cheese Cheddar Medium PC Assorted Cold Cereal Peanut Butter Whole Wheat Toast	<b>Fresh Fruit</b> <b>Cream of Wheat</b> <b>Scrambled Egg</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal Cheese Cheddar Medium PC Assorted Cold Cereal Peanut Butter Whole Wheat Toast	<b>Fresh Fruit</b> <b>Cinnamon Oatmeal</b> <b>Scrambled Eggs</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal Bacon Strips PC Assorted Cold Cereal Peanut Butter Whole Wheat Toast
<b>LUNCH</b>						
<b>Herb Baked Chicken Thigh</b> <b>Rice &amp; Black Beans</b> <b>Broccoli Florets</b> <b>Bread Pudding</b> 4 Cheese Penne Seasoned Spinach Garlic Bread Cantaloupe Chunks	<b>Mac &amp; Cheese / Sausage &amp; Pepper</b> <b>Garlic Bread</b> <b>Pick of the Day Vegetable Blend</b> <b>Whole Wheat Bread</b> <b>Cheesecake</b> Swedish Meatballs Mashed Potatoes Julienne Parsley Carrots Whole Wheat Bread Chilled Diced Peaches	<b>Hamburger on Wheat Bun</b> <b>Potato Chips</b> <b>Whole Wheat Bread</b> <b>Assorted Ice Cream</b> Sole w/Lemon Pepper Mashed Potatoes Fusion Mix Vegetables Whole Wheat Bread Mango	<b>Chicken Cordon Bleu</b> <b>Baked Potato</b> <b>Seasoned Green Beans</b> <b>Blueberry Crisp</b> Cannelloni Cheese Garlic Bread Florentine Veg Mix Chilled Apricots	<b>Battered Cod Fillet</b> <b>French Fries</b> <b>Creamy Coleslaw</b> <b>Whole Wheat Bread</b> <b>Maple Chocolate Mania Cake</b> Assorted Sandwich Creamy Coleslaw Whole Wheat Bread Chilled Apple Slices	<b>Pork Bites</b> <b>Mashed Potatoes</b> <b>Asian Vegetables</b> <b>Whole Wheat Bread</b> <b>Nanaimo Bar</b> Assorted Pizza Balsamic Spring Salad Whole Wheat Bread Fresh Grapes	<b>Roast Beef</b> <b>Beef Gravy</b> <b>Yorkshire Pudding</b> <b>Mexican Mixed Vegetables</b> <b>Whole Wheat Bread</b> <b>Pie Assorted</b> Bangers and Mash Green Peas Whole Wheat Bread Assorted Dinner Rolls Chilled Tropical Fruit
<b>DINNER</b>						
<b>Unsalted Soda Crackers</b> <b>Creamy Carrot Ginger Soup</b> <b>Swiss &amp; Parmesan Cheese Quiche</b> <b>Winter Vegetables</b> <b>Whole Wheat Bread</b> <b>Tropical Fruit Salad</b> Beef Shepherd's Pie Corn Niblets Whole Wheat Bread Assorted Gelatin	<b>French Onion Soup</b> <b>Unsalted Soda Crackers</b> <b>Turkey Pot Pie</b> <b>Fall Medley Vegetables</b> <b>Chilled Diced Pears</b> Tartar Sauce Captain Burger on WW Bun Raspberry Mousse Cake Spring Mix Lettuce Salad Uniced Marble Cake	<b>Fall Harvest Soup</b> <b>Plum Sauce</b> <b>Unsalted Soda Crackers</b> <b>Chicken Strips</b> <b>French Fries</b> <b>Four Bean Salad</b> <b>Crushed Pineapple</b> Cold Cut Sandwich Spring Mix Lettuce Salad Uniced Marble Cake	<b>Tomato Soup</b> <b>Unsalted Soda Crackers</b> <b>Spinach &amp; Sweet Potato Frittata</b> <b>Tator Tots</b> <b>Steamed Baby Carrots</b> <b>Whole Wheat Bread</b> <b>Fruit Cocktail</b> BLT Sandwich Cucumber Slices Rice Pudding	<b>Lentil &amp; Roasted Garlic Soup</b> <b>Unsalted Soda Crackers</b> <b>Beef Taco Salad</b> <b>Mandarin Oranges</b> Chicken A La King Winter Vegetables Tea Biscuit Assorted Gelatin	<b>Ketchup</b> <b>Mustard</b> <b>Unsalted Soda Crackers</b> <b>Cream of Mushroom Soup</b> <b>Hot Dog on Wheat Bun</b> <b>Orange-Glazed Beets</b> <b>Chilled Diced Peaches</b> Vegetable Spring Roll Confetti Rice Oriental Coleslaw Assorted Pudding	<b>Garden Veg Soup</b> <b>Unsalted Soda Crackers</b> <b>Ham &amp; Cheese Sandwich on Wheat</b> <b>Carrot Raisin Salad</b> <b>Whole Wheat Bread</b> <b>Strawberries &amp; Rhubarb Compote</b> Chicken Dipping Sauce Chicken Wings Boneless Savory Potato Wedges Celery Sticks & Cucumber Slices Whole Wheat Bread Mini Ice Cream Sandwich

Note: Choice of breads (raisin bread, English Muffin, Rye bread) are available upon request.

**IWM Fall & Winter 2023 -24 - Week 3**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Fresh Fruit Cream of Wheat Scrambled Egg Whole Wheat Toast Assorted Cold Cereal Peanut Butter Snack Muffin	Fresh Fruit Oatmeal Poached Egg Whole Wheat Toast Assorted Cold Cereal Peanut Butter Whole Wheat Toast Mini Cinnamon Bun	Fresh Fruit Cream of Wheat Scrambled Eggs Pancake Assorted Cold Cereal Peanut Butter Whole Wheat Toast	Fresh Fruit Cinnamon Oatmeal Scrambled Egg Snack Muffin Assorted Cold Cereal Peanut Butter Whole Wheat Toast	Fresh Fruit Cream of Wheat Scrambled Eggs Whole Wheat Toast Assorted Cold Cereal Peanut Butter Whole Wheat Toast Mini Croissant	Fresh Fruit Oatmeal Scrambled Eggs Whole Wheat Toast Assorted Cold Cereal Cheese Cheddar Whole Wheat Toast	Fresh Fruit Cream of Wheat Scrambled Eggs Whole Wheat Toast Bacon Strips Assorted Cold Cereal Peanut Butter
<b>LUNCH</b>						
Shrimp Tempura Sweet Potato French Fries Vinaigrette Coleslaw Whole Wheat Bread Cappuccino Cake Beef Satay Veggie Fried Rice Asian Stir Fry Vegetables Whole Wheat Bread Mandarin Oranges	Baked Chicken with Chalet Chef Choice Whole Wheat Bread Black Forest Cake Baked Cod Fillet Lemon Wedge Roasted New Potatoes Broccoli Florets Whole Wheat Bread Crushed Pineapple	Whole Wheat Bread Black Forest Cake Baked Cod Fillet Lemon Wedge Roasted New Potatoes Broccoli Florets Whole Wheat Bread Crushed Pineapple	BBQ Pork Drummies Coconut Rice California Vegetables Whole Wheat Bread Van Caramel Swirl Cake Turkey Schnitzel Cranberry Sauce Mashed Potatoes Fall Medley Vegetables Fruit Cocktail	Breaded Haddock Lemon Dill Sauce Homemade Potato Fries Creamy Coleslaw Whole Wheat Bread Assorted Sherbet Assorted Sandwich Creamy Coleslaw Whole Wheat Bread Chilled Diced Peaches	Chicken Cacciatore Rice Pilaf Prince Edward Vegetables Gingerbread Cake Veal Schnitzel German Potato Salad Bistro Vegetables Cantaloupe Chunks	Pork Roast Pork Gravy Garlic Mashed Potatoes Italian Mixed Vegetables Whole Wheat Bread Assorted Pie Turkey Vegetable Stew Fluffy Rice Paradiso Vegetables Assorted Dinner Rolls Deluxe Fruit Salad
<b>DINNER</b>						
Unsalted Soda Crackers Chicken Florentine Soup Marinara Pick of the Day Vegetable Blend Garlic Bread Cantaloupe Chunks Egg Salad Sndw on Croissant Homemade Pickled Beets Buttertart Square	Cream of Broccoli Soup Unsalted Soda Crackers Meatball Sub Prince Edward Vegetables Whole Wheat Bread Chilled Diced Peaches Crab Cakes Brd RTB French Fries Pearl Harvest Vegetables Assorted Gelatin	Unsalted Soda Crackers Chicken Noodle Soup Reuben Sandwich Greek Salad Pickle Spear Sliced Dill Pickle Whole Wheat Bread Honeydew Melon Three Cheese Omelette Tator Tots 5-Way Mixed Vegetables Sauerkraut Whole Wheat Bread Tiramisu Mousse	Minestrone Soup Unsalted Soda Crackers Pasta Primavera Cocktail Vegetables Strawberries Chicken Salad Sndw on WW Tomato Slices Assorted Ice Cream	Roast Red Pepper Soup Unsalted Soda Crackers Lettuce/Tomato/Pickle/On ion Chicken Burger on Bun Mixed Green Italian Salad Whole Wheat Bread Blueberries Chili Con Carne Winter Vegetables Whole Wheat Bread Cornbread Mini Lemon Tart	Tomato Soup Unsalted Soda Crackers Vegetable Quiche Sliced Carrots Assorted Dinner Rolls Mango Grilled Cheese on Brown Bread Marinated Cucumbers Whole Wheat Bread Assorted Pudding	Cream of Vegetable Chowder Unsalted Soda Crackers Waffles Pork Sausage Patty Mixed Berries Prince Edward Vegetables Whole Wheat Bread Pineapple Tidbits Meat Lasagna LoCal Caesar Salad Whole Wheat Bread Garlic Bread Mango Mousse Cake

Note: Choice of breads (raisin bread, English Muffin, Rye bread) are available upon request.

IWM Snack Menu FW2023-24 - Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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SNACK AM						
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Orange Juice	Assorted Juice

SNACK PM						
Assorted Drink Oatmeal Cookie	Assorted Drink Oreo Cookies	Assorted Drink Shortbread Swirl Cookie	Assorted Drink Chocolate Chip Cookie	Assorted Drink Mini Brownie	Assorted Drink Assorted Cream Cookie	Assorted Drink Cookie Assorted

SNACK HS						
2% Milk Cheese Sandwich on WW	2% Milk Peanut Butter Ritz Crackers	2% Milk Banana Loaf Swiss Cheese Slice	2% Milk Egg Salad on WW	2% Milk Cheese & Crackers	2% Milk Peanut Butter & Jam Sandwich Snack Cheese Whiz	2% Milk White Cheddar Cheese Carrot Loaf

IWM Snack Menu FW2023-24 - Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Assorted Juice      Orange Juice      Assorted Juice      Assorted Juice      Orange Juice      Assorted Juice      Assorted Juice

**SNACK AM**  
 Assorted Drink      Assorted Drink      Assorted Drink      Assorted Drink      Assorted Drink      Assorted Drink      Assorted Drink  
 Digestive Oat Bran Cookie      Cookie Assorted      Plain Cupcake      Chocolate Chip Cookie      Oatmeal Date Cookie      Gingersnap      Cream Puff

**SNACK PM**  
 2% Milk      2% Milk      2% Milk      2% Milk      2% Milk      2% Milk      2% Milk  
 Banana Loaf      Ritz Crackers      Egg Salad Sndw on Wheat      Graham Wafers      Blueberry Bran Loaf      Cheddar Cheese Slice      Peanut Butter on WW  
 Cheddar Cheese      Marble Cheese Slice      Nutella

IWM Snack Menu FW2023-24 - Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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**SNACK AM**

Orange Juice	Assorted Juice	Assorted Juice	Orange Juice	Assorted Juice	Assorted Juice	Orange Juice
Assorted Drink Oatmeal Cookies	Assorted Drink Vanilla Wafer	Assorted Drink Raspberry Turnover Cookie	Assorted Drink Cookie Assorted	Assorted Drink Mini Cream Puffs	Assorted Drink Nutri-Grain Mixed Berry Bar	Assorted Drink Peanut Butter Cookies

**SNACK HS**

2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Swiss Cheese Slice Banana Bran Loaf	Peanut Butter Jam Sndw WW Snack	Graham Wafers Cream Cheese	Mini Croissant Peanut Butter	Ritz Crackers Cheddar Cheese Slice	Egg Salad on WW	Peanut Butter Raisin Bread