

ICS Hot LUNCH MENU

Welcome
Back to school!



FOUR SEASONS
food service management



A la Carte Items

Fresh baked cookies

Ice cream

Snacks

Hot soft pretzel

Snapple beverages

Water, Milk and Juice

Salads & Wraps

Only Available by

Pre Order

@fspreorder.com

Prior day of school

Until 8:30 am day of

K- 8th Grade
Combo meal includes
1 entrée, sides, &
drink

w/ small drink-milk,
juice, 8oz water-\$6.00
w/ large drink-capri
sun, canned drink,
16oz water-\$6.50

Items may be
purchased a la carte

Vegetarian Options
Available

Featuring
Boar's Head
Brand
Deli Meats

| | Mon | Tue | Wed | Thu | Fri |
|--------|---|---|--|---|--|
| Week 1 | Chicken tenders Panini—mozzarella & roasted peppers Fusilli pasta w/ butter sauce Served with French fries, Vegetable of the day 11/8 | Chicken nuggets or Taco Tuesday (beef) served w/ steamed corn Spanish rice 11/9 | Pizza bites or Popcorn chicken served w/ French fries vegetable of the day 11/10 | Hamburger/ cheeseburger or Grilled chicken wrap served with peaches, potato salad 11/11 | Pizza or Pasta w/light pink sauce served w/ garden salad mozzarella sticks 11/12 |
| Week 2 | Chicken tenders Hot dog Pasta w/ Alfredo sauce Served w/tater tots, broccoli 11/15 | Chicken nuggets Or Mini tacos Tuesday Served w/ mashed potatoes, diced pears 11/16 | Chicken quesadillas Mac & cheese wedges Or Turkey with lettuce on a bun served with chips & pasta salad 11/17 | Crispy chicken wrap Bacon, egg & cheese on a roll Chicken parm Served w/tater tots, diced pears 11/18 | Pizza or Pasta w/light pink sauce served w/ Caesar salad mozzarella sticks 11/19 |
| Week 3 | Chicken Tenders Meatball sub Spaghetti marinara Served w/French fries Vegetable of the day 11/22 | Chicken nuggets or Taco Tuesday (chicken) served w/ fruit cocktail white rice 11/23 | Popcorn chicken Macaroni & cheese Hot turkey w/ gravy, Served with mashed potatoes, corn 11/24 | Hamburger/ cheeseburger or Grilled chicken wrap served with peaches, pasta salad 11/25 NO SCHOOL | Pizza or Pasta w/light pink sauce served w/ garden salad mozzarella sticks 11/26 NO SCHOOL |
| Week 4 | Chicken Tenders Steak & cheese sub Spaghetti marinara Served w/tater tots, Vegetable of the day 11/29 | Chicken nuggets or Taco Tuesday (beef) served w/ steamed corn Spanish rice 11/30 | Popcorn chicken Empanadas (beef) Panini- Turkey & bacon served w/green bean salad Fruit cocktail 12/01 | Hamburger/cheeseburger or Chicken parm Spaghetti marinara Served w/French fries Vegetable of the day 12/02 | Pizza or Pasta w/light pink sauce served w/ garden salad mozzarella sticks 12/03 |
| Week 5 | Chicken tenders Sausage/peppers & onions Pasta w/garlic & oil Served w/tater tots, broccoli 12/06 | Chicken nuggets Or Mini tacos Tuesday Served w/tater tots, diced pears 12/07 | Chicken quesadillas Mac & cheese wedges Or Turkey with lettuce on a bun served with chips & pasta salad 12/8 NO SCHOOL | Crispy chicken sandwich French toast with bacon Spaghetti garlic & oil Served w/tater tots, diced pears 12/9 | Pizza or Pasta w/light pink sauce served w/ garden salad mozzarella sticks 12/10 |

Choose your corresponding menu day beginning with week 1.
Please skip daily menu for school closings/ holidays & non- service days-
Refer to your school calendar
For Dietary or Allergy Questions please call 732-780-4478

Pre order your salad or wrap @fspreorder.com /or visit us @[Fourseasonsfsm.com](https://www.fourseasonsfsm.com)