

# 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

	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	Chicken nuggets or Taco Tuesday (beef) served w/ steamed corn Spanish rice	Pizza bites or Popcorn chicken served w/ French fries vegetable of the day	Hamburger/ cheeseburger or Grilled chicken wrap served with peaches, potato salad	Pizza or Pasta w/light pink sauce served w/ garden salad mozzarella sticks
Week 2	Chicken tenders Hot dog Pasta w/ Alfredo sauce Served w/tater tots, broccoli	Chicken nuggets Or Mini tacos Tuesday Served w/ mashed potatoes, diced pears	Chicken quesadillas Mac & cheese wedges Or Turkey with lettuce on a bun served with chips & pasta salad	Crispy chicken wrap Bacon, egg & cheese on a roll Chicken parm Served w/tater tots, diced pears	Pizza or Pasta w/light pink sauce served w/ Caesar salad mozzarella sticks
Week 3	Chicken Tenders Meatball sub Spaghetti marinara Served w/French fries Vegetable of the day	Chicken nuggets or Taco Tuesday (chicken) served w/ fruit cocktail white rice	Popcorn chicken Macaroni & cheese Hot turkey w/ gravy, Served with mashed potatoes, corn	Hamburger/ cheeseburger or Grilled chicken wrap served with peaches, pasta salad	Pizza or Pasta w/light pink sauce served w/ garden salad mozzarella sticks
Week 4	Chicken Tenders Steak & cheese sub Spaghetti marinara Served w/tater tots, Vegetable of the day	Chicken nuggets or Taco Tuesday (beef) served w/ steamed corn Spanish rice	Popcorn chicken Empanadas (beef) Panini- Turkey & bacon served w/green bean salad Fruit cocktail	Hamburger/cheeseburger or Chicken parm Spaghetti marinara Served w/French fries Vegetable of the day	Pizza or Pasta w/light pink sauce served w/ garden salad mozzarella sticks
Week 5	Chicken tenders Sausage/peppers & onions Pasta w/garlic & oil Served w/tater tots, broccoli	Chicken nuggets Or Mini tacos Tuesday Served w/tater tots, diced pears	Chicken quesadillas Mac & cheese wedges Or Turkey with lettuce on a bun served with chips & pasta salad	Crispy chicken sandwich French toast with bacon Spaghetti garlic & oil Served w/tater tots, diced pears	Pizza or Pasta w/light pink sauce served w/ garden salad mozzarella sticks

**Featuring**

Boar's Head  
Brand  
Deli Meats

**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