

Breakfast Menu

Invictus Leadership Academy February 2022



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Mini Blueberry Pancakes Whole Fruit 2 Mixed Berry Cups 1% White Milk Fat Free White Milk	Orange Muffin Apple Whole Fruit (Pear) 1% White Milk Fat Free White Milk	Chicken & Waffle w/ Syrup 100% Fruit Juice Whole Fruit 1% White Milk Fat Free White Milk	Apple Empanada Apple Whole Fruit 2 1% White Milk Fat Free White Milk
7	8	9	10	11
Pan Dulce Whole Fruit Craisins 1% White Milk Fat Free White Milk	French Toast Whole Fruit 2 Mixed Berry Cups 1% White Milk Fat Free White Milk	Mantecada Sweet Bread Apple Sauce Whole Fruit (Pear) 1% White Milk Fat Free White Milk	Egg & Cheese Sandwich 100% Fruit Juice Whole Fruit 1% White Milk Fat Free White Milk	WG Banana Muffin Apple Whole Fruit 2 1% White Milk Fat Free White Milk
14	15	16	17	18
Apple Jacks w/ Granola Whole Fruit Craisins 1% White Milk Fat Free White Milk	Frosted Flakes w/ Chocolate Grahams Banana Whole Fruit 2 1% White Milk Fat Free White Milk	Fruit Yogurt Parfait Granola Apple Sauce 1% White Milk Fat Free White Milk	WG Mini Chocolate Chip Pancakes 100% Fruit Juice Whole Fruit 1% White Milk Fat Free White Milk	Coffee Cake Apple Whole Fruit 2 1% White Milk Fat Free White Milk
21	22	23	24	25
NO SCHOOL	Mini Maple Pancakes Whole Fruit 2 Mixed Berry Cups 1% White Milk Fat Free White Milk	Pan Dulce Apple Sauce Whole Fruit (Pear) 1% White Milk Fat Free White Milk	Chicken Sausage, Pancake & Syrup 100% Fruit Juice Whole Fruit 1% White Milk Fat Free White Milk	Banana Bread Apple Whole Fruit 2 1% White Milk Fat Free White Milk
28				
Apple Jacks w/ Granola Whole Fruit Craisins 1% White Milk Fat Free White Milk				

MENU SUBJECT TO CHANGE WITHOUT NOTICE
 If you are unable to eat a food item, please let your teacher know.
 *Some items may be subject to change without notice.



Menú Desayuno

Invictus Leadership Academy febrero 2022



lunes	martes	miércoles	jueves	viernes
	1 Mini panqueques de arándanos Fruta entera 2 Copas de bayas mixtas 1% Leche Blanca Leche Blanca Sin Grasa	2 Muffin de naranja Manzana Fruta entera (pera) 1% Leche Blanca Leche Blanca Sin Grasa	3 Pollo y waffles con jarabe de miel Jugo de fruta 100% Fruta entera 1% Leche Blanca Leche Blanca Sin Grasa	4 Empanada de manzana Manzana Fruta entera 2 1% Leche Blanca Leche Blanca Sin Grasa
7 Pan Dulce Fruta entera Craisins 1% Leche Blanca Leche Blanca Sin Grasa	8 Pan Frances Fruta entera 2 Copas de bayas mixtas 1% Leche Blanca Leche Blanca Sin Grasa	9 Pan Dulce Mantecada Puré de manzanas Fruta entera (pera) 1% Leche Blanca Leche Blanca Sin Grasa	10 Sándwich de huevo y queso Jugo de fruta 100% Fruta entera 1% Leche Blanca Leche Blanca Sin Grasa	11 Muffin integral de plátano Manzana Fruta entera 2 1% Leche Blanca Leche Blanca Sin Grasa
14 Apple Jacks con granola Fruta entera arándanos secos 1% Leche Blanca Leche Blanca Sin Grasa	15 Frosted Flakes con galletas de Chocolate Grahams Plátano Fruta entera 2 1% Leche Blanca Leche Blanca Sin Grasa	16 Yogur de frutas Parfait Granola Puré de manzanas 1% Leche Blanca Leche Blanca Sin Grasa	17 Mini Panqueques integral con Chispas de Chocolate Jugo de fruta 100% Fruta entera 1% Leche Blanca Leche Blanca Sin Grasa	18 Pastel de café Manzana Fruta entera 2 1% Leche Blanca Leche Blanca Sin Grasa
21 NO HAY ESCUELA	22 Mini panqueques de Maple Fruta entera 2 Copas de bayas mixtas 1% Leche Blanca Leche Blanca Sin Grasa	23 Pan Dulce Puré de manzanas Fruta entera (pera) 1% Leche Blanca Leche blanca sin grasa	24 Salchicha de pollo, panqueque y jarabe de miel Jugo de fruta 100% Fruta entera 1% Leche Blanca Leche Blanca Sin Grasa	25 Pan de plátano Manzana Fruta entera 2 1% Leche Blanca Leche Blanca Sin Grasa
28 Apple Jacks con granola Fruta entera arándanos secos 1% Leche Blanca Leche Blanca Sin Grasa				



Lunch Menu

Invictus Leadership Academy February 2022



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Cheese Manicotti w/ Tomato Basil Sauce Baby Carrots 100% Fruit Juice 1% White Milk Fat Free White Milk	Turkey Bologna & Cheese Sandwich w/ Bean Dip & Nacho Chips Cucumber Slices w/ Tajin Banana 1% White Milk Fat Free White Milk	Chicken Nuggets & Mashed Potatoes Baby Carrots 2 Pear 1% White Milk Fat Free White Milk	Chicken Alfredo Pasta w/ Chocolate Chip Cookie House Salad w/ Italian Orange 1% White Milk Fat Free White Milk
7	8	9	10	11
Beef Hot Dog w/ Oven Baked Fries Apple 1% White Milk Fat Free White Milk	Cheese Manicotti w/ Tomato Basil Sauce Baby Carrots 100% Fruit Juice 1% White Milk Fat Free White Milk	Chicken Burrito Bowl w/ Oatmeal Cookie Jicama w/ Tajin Banana 1% White Milk Fat Free White Milk	Breakfast for Lunch w/ Pancakes, Chicken Sausage & Seasoned Wedges Baby Carrots 2 Pear 1% White Milk Fat Free White Milk	Mac & Cheese w/ BBQ Chips Kale & Green Apple Salad w/ Ranch Orange 1% White Milk Fat Free White Milk
14	15	16	17	18
Chicken Patty Burger w/ Seasoned Fries Apple Holiday Cookie 1% White Milk Fat Free White Milk	Cheese Manicotti w/ Tomato Basil Sauce Baby Carrots 100% Fruit Juice 1% White Milk Fat Free White Milk	Turkey Chili w/ Original Popped Chips Cucumber Slices w/ Tajin Banana 1% White Milk Fat Free White Milk	Spaghetti & Meatballs Baby Carrots 2 Pear 1% White Milk Fat Free White Milk	Turkey Melt on WG Steak Roll House Salad w/ Italian Orange 1% White Milk Fat Free White Milk
21	22	23	24	25
NO SCHOOL	Chicken Teriyaki w/ Vegetable Yakisoba Baby Carrots 100% Fruit Juice 1% White Milk Fat Free White Milk	Beef Picadillo, Rice & Black Beans w/ Nacho Chips Jicama w/ Tajin Banana 1% White Milk Fat Free White Milk	Meatloaf w/ Seasoned Wedges & Corn Muffin Baby Carrots 2 Pear 1% White Milk Fat Free White Milk	Chicken Enchiladas w/ Red Sauce Mixed Green Salad w/ Ranch Orange 1% White Milk Fat Free White Milk
28				
Taco Burger w/ Oven Baked Fries Apple 1% White Milk Fat Free White Milk				

WE WILL BE SUBJECT TO CHANGE WITH SHORT NOTICE
 Allergens: Peanut Butter, Dairy, Eggs, and Soy. See menu for more info. [View All Allergens](#)
 *Menu items are subject to change without notice.



Menú Almuerzo

Invictus Leadership Academy febrero 2022



lunes	martes	miércoles	jueves	viernes
	1	2	3	4
	Queso Manicotti con salsa de tomate y albahaca Zanahorias baby Jugo de fruta 100% 1% Leche Blanca Leche Blanca Sin Grasa	Sándwich de pavo Bolonia y queso con salsa de frijoles y nacho chips Rodajas de pepino con Tajín Plátano 1% Leche Blanca Leche Blanca Sin Grasa	Nuggets de pollo y puré de papas Zanahorias Baby 2 Pera 1% Leche Blanca Leche Blanca Sin Grasa	Pasta de Pollo Alfredo con Galleta con Chispas de Chocolate Ensalada de la casa con italiano Naranja 1% Leche Blanca Leche Blanca Sin Grasa
7	8	9	10	11
Hot Dog de carne con papas fritas al horno Manzana 1% Leche Blanca Leche Blanca Sin Grasa	Queso Manicotti con salsa de tomate y albahaca Zanahorias baby Jugo de fruta 100% 1% Leche Blanca Leche Blanca Sin Grasa	Tazón de burrito de pollo con galleta de avena Jícama con Tajín Plátano 1% Leche Blanca Leche Blanca Sin Grasa	Desayuno para el almuerzo con panqueques, salchichas de pollo y papas condimentadas Zanahorias Baby 2 Pera 1% Leche Blanca Leche Blanca Sin Grasa	Mac & Cheese con chips de BBQ Ensalada de col rizada y manzana verde con rancho Naranja 1% Leche Blanca Leche Blanca Sin Grasa
14	15	16	17	18
hamburguesa de pollo con papas fritas condimentadas Manzana Cookie navideña 1% Leche Blanca Leche Blanca Sin Grasa	Queso Manicotti con salsa de tomate y albahaca Zanahorias baby Jugo de fruta 100% 1% Leche Blanca Leche Blanca Sin Grasa	Chili de pavo con chips originales Rodajas de pepino con Tajín Plátano 1% Leche Blanca Leche Blanca Sin Grasa	Espaguetis y albóndigas Zanahorias Baby 2 Pera 1% Leche Blanca Leche Blanca Sin Grasa	Pavo y bistec rollos en pan integral Ensalada de la casa con italiano Naranja 1% Leche Blanca Leche Blanca Sin Grasa
21	22	23	24	25
NO HAY ESCUELA	Pollo Teriyaki con Yakisoba vegetal Zanahorias baby Jugo de fruta 100% 1% Leche Blanca Leche Blanca Sin Grasa	Picadillo de carne de res, arroz y frijoles negros con nacho chips Jícama con Tajín Plátano 1% Leche Blanca Leche Blanca Sin Grasa	Pastel de carne con papas condimentadas y muffin de maíz Zanahorias Baby 2 Pera 1% Leche Blanca Leche Blanca Sin Grasa	Enchiladas de pollo en salsa roja Ensalada Verde Mixta con Ranch Naranja 1% Leche Blanca Leche Blanca Sin Grasa
28				
Taco Burger con papás al horno Manzana 1% Leche Blanca Leche Blanca Sin Grasa				

