



Sample Breakfast Menu

	Monday 03		Tuesday 04		Wednesday 05		Thursday 06		Friday 07
1/2ea	WGR English Muffin	1/2c	Crispix Cereal	1ea	WGR Toast	1/2c	Life Cereal	1ea	French Toast
1ea	Orange	1ea	Red Delicious Apple	1ea	Clementine	1/2c	Pineapple Tidbits	1ea	Banana
3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk
	Monday 10		Tuesday 11		Wednesday 12		Thursday 13		Friday 14
1/2c	Life Cereal	1/4ea	WGR Bagel	1/2c	Corn Chex	1ea	Hard Boiled Egg	1/2c	Cheerios
1ea	Orange	1ea	Fuji Apple	1ea	Banana	1ea	Clementine	1ea	Kiwi
3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk
	Monday 17		Tuesday 18		Wednesday 19		Thursday 20		Friday 21
1/2e	Croissant	1/2c	Bran Cereal	1/2c	Plain Yogurt	1/2c	Rice Chex	1ea	Pancake
1ea	Pears	1ea	Gala Apple	1/2c	Diced Peaches	1/2c	Strawberries	1ea	Banana
3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk
	Monday 24		Tuesday 25		Wednesday 26		Thursday 27		Friday 28
3/4c	Kix Cereal	1/2ea	WGR English Muffin	1/2c	Crispix Cereal	1/2ea	WGR Toast	1/2c	Life Cereal
1ea	Kiwi	1ea	Red Delicious Apple	1ea	Orange	1/2c	Pineapple Tidbits	1/2c	Diced Peaches
3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk

For more information, please contact: Dianna Wong, Kitchen Supervisor
 Email: dwong@iilosangeles.org
 Phone: (323) 224-3800, ext. 203
 Website: <https://www.iilosangeles.org>

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Sample Snack Menu

	Monday 03		Tuesday 04		Wednesday 05		Thursday 06		Friday 07	
1/8c	Cottage Cheese	1ea	Muffin	1ea	Mini Bagel	1ea	Banana	1/4c	Yogurt	
1/2c	Diced Peaches	1/2c	Blueberries	1/2c	Applesauce	2ea	Graham Crackers	1/2c	Strawberries	
	Monday 10		Tuesday 11		Wednesday 12		Thursday 13		Friday 14	
1ea	String Cheese	1/4c	WG Goldfish Crackers	1/4c	Pretzel Sticks	1/2c	Strawberries	2ea	Graham Crackers	
4ea	Saltines	1ea	Clementine	1ea	Apple	1/4c	Yogurt	1/2c	Applesauce	
	Monday 17		Tuesday 18		Wednesday 19		Thursday 20		Friday 21	
6ea	Wheat Thins	1/2oz	Cubed Cheese	2ea	WG French Toast Sticks	1ea	Turkey Slice	1ea	Banana	
1ea	String Cheese	4ea	Ritz Crackers	1/2c	Applesauce	1/4ea	WGR Pita	1ea	Raisin Bread	
	Monday 24		Tuesday 25		Wednesday 26		Thursday 27		Friday 28	
1/8c	Cottage Cheese	1/2c	Carrot Sticks	1/4c	WG Goldfish Crackers	1ea	Banana	1ea	Hard Boiled Egg	
1/2c	Pineapple Tidbits	1ea	String Cheese	1ea	Gala Apple	1ea	Mini Muffin	1/4ea	Whole Wheat Pita	

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Sample Lunch Menu

	Monday 03		Tuesday 04		Wednesday 05		Thursday 06		Friday 07	
	1oz Ground Beef/1oz Cheese		1ea Pattie/1/2ea Cheese		1/2c Chili Beans		1/2c Chicken Salad		1ea Pizza Slice	
1ea	Corn Tortilla Taco Shell	1ea	WGR Hamburger Bun	1ea	Cornbread	1/2ea	WGR Roll	inc	WGR Crust	
1/4c	Squash	1/4c	Corn	1/4c	Mixed Green Salad	inc	Peas & Carrots	1/4c	Kale Salad	
1/4c	Pineapple Chunks	1/4c	Blueberries	1/4c	Boysenberries	1/4c	Strawberries	1/4c	Peaches	
3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk	
	Monday 10		Tuesday 11		Wednesday 12		Thursday 13		Friday 14	
1/2c	Frank & Beans	6ea	Meatball Sandwich	3/4c	Beef Stroganoff		1/4c Beans/1oz Cheese	1/4c	Beef	
1/2ea	WGR Roll	1/2ea	WGR Roll	inc	WGR Macaroni	1ea	WGR Tortilla	1/4c	Brown Rice	
1/4c	Carrots	1/4c	Peas	inc	Peas	1/4c	Mixed Green Salad	1/4c	Broccoli	
1ea	Cuties	1/2ea	Banana	1/4c	Blueberries	1/2ea	Gala Apple	1/4c	Mandarins	
3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk	
	Monday 17		Tuesday 18		Wednesday 19		Thursday 20		Friday 21	
1ea	Chicken Patty	1/4c	Shredded BBQ Chicken	1/2c	Picadillo		1/4c Beans/1oz Cheese	1/4c	Sloppy Joes	
inc	Whole Grain Rich	1/2ea	WGR Roll	1ea	Corn Tortilla	1ea	Corn Tostada	1/2ea	WGR Hamburger Bun	
1/4c	Mixed Veggies	1/4c	Coleslaw	inc	Potato	1/4c	Mixed Green Salad	1/4c	Sweet Potato Tots	
1/4c	Peaches (frozen)	1/4c	Mango Chunks	1/4c	Peaches (canned)	1/4c	Blueberries	1/4c	Boysenberries	
3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk	
	Monday 24		Tuesday 25		Wednesday 26		Thursday 27		Friday 28	
1ea	Oven Fried Chicken	4ea	Chicken Nuggets	1/2c	Chicken Pot Pie		1oz Chicken/1oz Cheese		1oz Steak/1 slice Cheese	
inc	Whole Grain Rich	inc	Whole Grain Rich	1ea	WGR Biscuit	1ea	Corn Tortilla	1/2ea	WGR Roll	
1/4c	Mixed Vegetables	1/4c	Corn	inc	Peas & Carrots	1/4c	Mixed Green Salad	1/4c	Peppers & Onions	
1/4c	Peaches (canned)	1/4c	Blueberries	1/2ea	Orange	1/4c	Strawberries	1/2ea	Pears	
3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk	3/4c	1% Milk	

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