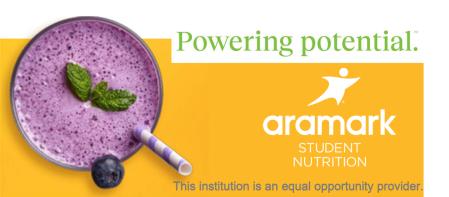


All Breakfast Must Include Choice of:
One Grain, Fruit
And May Include:
Choice of Fat Free or 1% Low-Fat Milk with no rBST
or artificial hormones

All food is free from hydrogenated oils, high fructose corn syrup, preservatives, and artificial dyes. Grains served are whole grain per National School Lunch guidelines.

If you have any Question/Concerns Special Dietary Needs Please email gloria.estrada@irvingtonschools.org



## Irvington High School and Middle School Menu



## **Breakfast Menu**

## **Available every day!**

\*Made to Order Omelet Station- toppings diced tomatoes,

Onions, Peppers, Chicken Sausage, Mozzarella or Cheddar Cheese

\*Bacon, Egg & Cheese Sandwich- on wheat roll

\*Meatless Egg & Cheese Sandwich- on Sliced Wheat Bread

\*Wheat French Toast Sticks- Served with 100% Maple Syrup

\*Wheat Pancakes – Served with 100% Maple Syrup

\*Yogurt Parfait - Greek Vanilla Yogurt, Fresh blueberries &

## Granola

\*Bagel Meal - Bagel, 2 Cheese Stick and Fruit

\*Daily Vegetables - Hash Brown/Tater Tots offered daily

\*Available Daily -Orange, Apple and Banana

Coffee Station available for High School Students in both Atrium and Cafeteria locations

Menus are subject to change. Items with a (P) contain pork. Bread or breaded items contain milk or soy.