



Monday	Tuesday	Wednesday	Thursday	Friday
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<b><u>Student Lunch Meal</u></b> <b><u>\$3.25</u></b> <b><u>Adult Lunch</u></b> <b><u>\$5.50 (Includes tax)</u></b>	Yogurt Parfait Available on Tuesday and Thursday As an Ala Carte or Meal option			Fresh Baked Cheese or Pepperoni Pizza (P)* Or Hot Dog on Wheat Bun  Sliced Cucumber Carrots
4	5	6	7	8
Chicken Nuggets* Or Fish Sticks  Baked Crinkle Potato Fresh Steamed Broccoli	Chicken Parm Sandwich Or Grilled Cheese on Wheat Flatbread  Red Peppers Strips Steamed Carrots	Cheese Quesadilla Or Beef Nachos  Pinto Beans Roasted Zucchini	Beef Burger on Wheat Bun Or Veggie Burger*  Rainbow Steamed Vegetables Celery Sticks	Fresh Baked Cheese or Pepperoni Pizza (P)* Or Chicken Sandwich on Wheat Bun  Sliced Cucumber Carrots
11	12	13	14	15
Wheat French Toast Turkey Sausage & Syrup* Or Veggie Burger*  Tater Tots Sliced Cucumber	Pasta with Chicken Meatballs and Sauce Breadstick* Or Beef Burger on Wheat Bun  Green Beans Corn	Beef Tacos* Or Chicken Tenders* with Brown Rice  Steamed Peas Carrot Coins	Parent/Teacher Conferences Early Dismissal  	Fresh Baked Cheese or Pepperoni Pizza (P)* Or Hot Dog on Wheat Bun*  Baby Carrots Spinach Salad
18	19	20	21	22
Chicken Corn Dog Mac and Cheese* Or Beef Burger on Wheat Bun*  Baked French Fries Brussel Sprouts	Beef Nachos* Or Chicken Tender* Breadstick  Sweet Corn Refried Beans	Pancake Bites with Chicken Sausage Or Cheese Quesadilla*  Roasted Squash Baby Carrots	BBQ Chicken Sandwich with Baked Tater Tots Or Chicken Nuggets* Breadstick  Sliced Cucumber Sweet Potato	Early Release  
25	26	27	28	29
Holiday Recess  	Holiday Recess  	Holiday Recess  	Holiday Recess  	Holiday Recess  

All Meals include: Entrée, Fresh Fruit, and Choice of Milk- Fat Free White, or 1% White and Bread/Grain (All grains served are whole grain)  
Vegetables (3/4 cup) and Fruit choices rotate daily between apples, oranges and bananas. **Throughout the month of December the following assortments of fruit will be served : Blueberries, Cantaloupe, Honeydew Melon, Strawberries and Watermelon.**  
All salad dressings are FREE from Hydrogenated Oils, High Fructose Corn Syrup, Preservatives, and Artificial Ingredients & Trans Fat.  
Milk is antibiotic and hormone free. Local Produce used throughout the month when available from local NJ/NY Farms  
**Available Every Day**

Bagel with Cheese Sticks or Sunbutter & Jelly Sandwich offered as a Complete Meal, including vegetable, fruit and milk .  
Turkey or Ham and Cheese Sandwich.

[Click here](#) to see the selection of healthy snacks and beverages available.

These items require payment at the register or funds on account with MySchoolBucks.



A Gluten Free Meal is available with 1 day notification

If you have any questions/concerns regarding this menu or there are special dietary needs, please email [gloria.estrada@irvingtonschool.org](mailto:gloria.estrada@irvingtonschool.org)

\* items contain Milk or Soy

\*\*\*items with a (P) may contain pork. This Institution is an equal opportunity employer and provider