



Monday	Tuesday	Wednesday	Thursday	Friday
	Yogurt Parfait Available on Tuesdays and Thursdays As an Ala Carte or Meal option	1 Cheese Quesadilla* Or Beef Nachos Topped with Cheese Sauce Pinto Beans Fresh Steamed Zucchini	2 Pancakes* Chicken Sausage & Syrup Or Chicken Patty on Wheat Bun Roasted Broccoli Garden Salad	3 Fresh Baked Cheese or Pepperoni Pizza (P)* Or Beef Burger on Wheat Bun Steamed Kale Carrots
6 Chicken Patty Sandwich* Or Hot Dog Mashed Potato Fresh Steamed Broccoli	7 Superintendent's Conference Day School closed for students 	8 Chicken Tenders* Breadstick Or Turkey Chili w/Brown Rice Fresh Steamed Broccoli Red Pepper Strips	9 French Toast Sticks Turkey Sausage Syrup Or Veggie Burger* Fresh Celery Sticks Baby Carrots	10 School Closed Veteran's Day Observed 
13 Beef Burger* Or Chicken Corn Dog Mac and Cheese Celery Stick Side Salad	14 Chicken Tender Breadstick* Or Beef Nachos Refried Beans Corn	15 Meatloaf & Mashed Potato* Breadstick Or Cheese Quesadilla* Red Peppers Strips Carrot coins	16 BBQ Diced Chicken Flatbread* Or Hot Dog on Wheat Bun* Tater Tots Fresh Sliced Cucumber	17 Fresh Baked Cheese or Pepperoni Pizza (P)* Or Chicken Sandwich on Wheat Bun* Baby Carrots Spinach Salad
20 Cheese Quesadilla* Or Beef Tacos* Black Beans Baby Carrots	21 Chicken Corn Dog* Or Mozzarella Pizza Stick* Sweet Potato Fries Sliced Pickles	22 	23 Thanksgiving Recess 	24 Thanksgiving Recess 
27 Cheddar Cheese on Flatbread Or Chicken Nuggets* French Fries Celery Sticks	28 Hot Dog* Or Cheese Quesadilla Baby Carrots Fresh Roasted Butternut Squash	29 Beef Meatballs* Spaghetti with Marinara Breadstick Or Chicken Tender Mac and Cheese Green Beans	30 French Toast Turkey Sausage Syrup Or Chicken Corn Dog Red Peppers Garbanzo Beans	<u>Student Lunch Meal</u> <u>\$3.25</u> <u>Adult Lunch</u> <u>\$5.50 (Includes tax)</u>

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 November the following assortments of fruit will be served : Blueberries, Cantaloupe, Honeydew Melon, Pears, 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 Stick or Sunbutter & Jelly Sandwich offered as a Complete Meal, including vegetable, fruit and milk

[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

* items contain Milk or Soy

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