



Lunch Menu

January 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| 2 | 3 | 4 | 5 | 6 |
| SCHOOL CLOSED HAPPY NEW YEAR | Bean and Beef Tortilla Bowl Mexicali Corn Red Pepper Strips | Baked Potato Vegetarian Chili Corn Muffin Green Beans Celery Sticks | Thai Chicken Rice Bowl Steamed Broccoli Sliced Carrots | Beef Meat Loaf Cheeseburger Whole Grain Dinner Roll Coleslaw Campfire Pinto Beans |
| 9 | 10 | 11 | 12 | 13 |
| Beef Patty Steak With Gravy Biscuit Baked Beans Fresh Tomato Wedges | Scrambled Eggs Waffles Syrup Tater Tots Roasted Broccoli | Kickin' Chicken French Fries Bowl Roasted Carrots Celery Stick | General Tso's Beef with Vegetables Brown Steamed Rice Broccoli Baked Sweet Potato | Mac and Cheese BBQ Chicken Coleslaw Fresh Sliced Cucumbers |
| 16 | 17 | 18 | 19 | 20 |
| Martin Luther King Jr. Day  SCHOOL CLOSED | Chicken Lo Mein Edamame Red Peppers | Spicy Black Bean Beef Bowl Roasted Carrots Steamed Zucchini | Fish Fillet Pollock Mac and Cheese Mixed Roasted Vegetables Celery Sticks | Chicken and White Bean Frito Bowl Sautéed Kale Greens Baby Carrots |
| 23 | 24 | 25 | 26 | 27 |
| Chicken Patty Parm Biscuit Roasted Broccoli Garbanzo Beans | Beef Meatballs Spaghetti With Marinara Sauce Mix Vegetables Red Peppers | Vegetarian Nachos Tortilla Chips, Cheddar Cheese, Rice, Beans and Salsa Broccoli | French Toast Eggs, Syrup Sweet Potato Fries Celery Sticks | Beef Patty Bowl With Dinner Roll Collard Greens Tomato Wedges |
| 30 | 31 | | | |
| Breaded Baked Fish Bites Mac and Cheese Waffle Fries Celery Sticks | Spicy Popcorn Chicken Bowl Biscuit Baby Carrots Baked Beans |  | <u>Student Breakfast Meal</u> \$2.50 <u>Student Lunch Meal</u> \$4.25 | <u>Adult Breakfast Meal</u> \$3.00 (includes tax) <u>Adult Lunch Meal</u> \$5.50 (includes tax) |

Offering Daily

*ACTION STATION-Sautéed Fresh & Hot! Lo Mein Bar made to order

*Grab n Go STATION- Burgers & Chicken Sandwiches on a Bun

*SMOOTHIE STATION- Yogurt blended with fruit and Granola on the side

*SALAD STATION- choice of various offerings with Dinner Rolls

*DELI STATION - Made to Order Sandwiches with Boars Head Meats

*DAILY VEGETABLES-Carrot Sticks and Cucumber Coins offered daily

*GOURMET PIZZA STATION-Specialty Pizzas Daily along with Cheese, Pepperoni (P)

* French Fries

All Meals include: Entrée, 1 cup of Vegetables, Bread/Grain (All grains served are whole grain) , Fresh Fruit (choice of apples, oranges or bananas) and a choice of Milk (Fat Free White, Chocolate or 1% Milk, No rBST and No Artificial Hormones)

All Snacks and salad dressings are FREE from Hydrogenated Oils, High Fructose Corn Syrup, Preservatives, and Artificial Ingredients & Trans Fat. Local Produce used throughout the month when available from local NJ/NY Farms. A Gluten Free Meal is available with 1 day notification

Breakfast menu: Omelets Made To Order, Egg Sandwiches, Bagels, Cold Cereal, Muffins and More!

Breakfast is available 7:30 am to 9:30 am daily

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

[Click here](#) to see the Selection of Ala carte healthy Snacks and beverages with prices.

