

Lunch Menu

Middle School/High School

June 2022

PARE SCHOOL OF	Lunchi Wienu		Julie 2022	
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<u>Adult Breakfast</u> <u>Meal</u> \$3.00 (including tax) <u>Adult Lunch Meal</u>	A start	Breakfast for Lunch *Pancakes, Syrup, Chicken Sausage, *Scrambled Eggs	*Grilled Cheese On WG Bread Tomato Soup	Chicken & *Cheese Quesadilla *Sour Cream & Salsa
\$5.50 (including tax		Steamed Carrots	French Fries Steamed Cauliflower	Green Peppers & Onions Black Beans
6	7	8	9	10
Grilled Chicken over Alfredo Pasta WG Bread Stick Tomato &	*Baked Macaroni & Cheese WG Breadstick	Pulled Pork (P) Sandwich	*Chicken Parmesan w/ WG Pasta WG Breadstick	Beef Tacos Lettuce, Sour Cream & Salsa
Cucumber	Deasted Drasseli	Brown Rice	Garden Salad	Brown Rice
Salad	Roasted Broccoli	Butternut Squash 15	Garbanzo Beans	Roasted Corn 17
BBQ Boneless White Meat Chicken Wings WG Breadstick	Testing Limited Menu Served until 12:30 pm	Testing Limited Menu Served until 12:30 pm	Testing Limited Menu Served until 12:30 pm	Testing Limited Menu Served until 12:30 pm
French Fries Roasted Cauliflower			•	
20	21	22	23	24
No School Celebrate JUNETEENTH JUNE 19	Testing Limited Menu Served until 12:30 pm	Testing Limited Menu Served until 12:30 pm	Testing Limited Menu Served until 12:30 pm Last Student Day	
Have a Great			Lunch and Breakfast meals are FREE for All students for the 2021-22 school year	
		Offering Daily		
* <u>ACTION STATION</u> -Sautéed Fresh & Hot! Noodles with vegetables and/or chicken or tofu made to order * <u>Grab n Go STATION</u> - 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				
* <u>DELI STATION</u> - Made to Order Sandwiches with Boars Head Meats and Cheese * <u>DAILY VEGETABLES</u> -Carrot Sticks and Cucumber Coins offered daily				
*GOURMET PIZZA STATION-Specialty Pizzas Daily along with Cheese, Pepperoni (P), Calzones and more				
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 <u>FREE</u> 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

<u>Click here</u> to see the Selection of Ala carte healthy Snacks and beverages with prices.

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

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

