



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

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