



Lunch Menu

May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Patty * Mashed Potato Biscuit Green Beans	2 Baked Fried Chicken * Waffle Fries Fresh Steamed Broccoli	3 Rice Bowl * Beef, Mexican Corn and Pico de Gallo Steamed Carrots Fresh Zucchini	4 Baked Fish Sticks* Mac and Cheese * Roasted Mix Vegetables Celery Sticks	5 Beef Burrito* Steamed Rice Bowl Fresh Steamed Kale Red Pepper Strips
8 Beef Meatballs* Spaghetti with Marinara Sauce Garlic Toast Side Salad	9 Chicken Quesadilla* Sweet Potato Fries Roasted Broccoli	10 Ravioli with Marinara Sauce* Breadsticks Steamed Broccoli	11 Breakfast for Lunch French Toast * Chicken Sausage Syrup Tater Tots	12 Beef Bowl * Dinner Roll Collard Green
15 Mac and Cheese* Baked Fish Sticks* Celery Sticks	16 Chicken and Mashed Potato Bowl * Biscuit Baked Beans Baby Carrots	17 Ravioli with Marinara Sauce* Breadstick Acorn Squash	18 Chicken Quesadilla* or Cheese Quesadilla* Steamed Broccoli Red Pepper Strips	19 Mini Chicken Sliders on Whole Wheat Dinner Roll* Campfire Pinto Beans Coleslaw Salad
22 Grilled Chicken Alfredo with Penne Pasta * Garlic Toast Fresh Zucchini Carrots	23 Bean and Beef Tortilla Bowl* Mexicali Corn Red Peppers Strips	24 Baked Potato With Vegetarian Chili* Freshly Baked Corn Muffin Green Beans Celery Sticks	25 Beef Nacho Topped with Cheddar, Jalapenos and Sour Cream* Brown Steamed Rice Steamed Broccoli Baby Carrots	26 SCHOOL CLOSED 
29 Memorial Day SCHOOL CLOSED 	30 Breakfast for Lunch Scrambled Eggs Pancakes* Tater Tots Broccoli	31 Grilled Cheese on Whole Wheat Bread* Tomato Wedges Baked Beans		

Offering Daily

***ACTION STATION**-Sautéed Fresh & Hot! Brown Rice Bar made to order

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

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

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

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

***SALAD STATION**- choice of various offerings with Dinner Rolls

***DAILY VEGETABLES**-Carrot Sticks and Cucumber Coins offered daily

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

[Click here](#) 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

