



IRVINGTON
UNION FREE SCHOOL DISTRICT

Lunch Menu

Dows Lane Elementary/Main Street

School

May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chicken Tenders* Whole Wheat Breadstick Or Beef Nachos* Mashed Potato Fresh Steamed Broccoli	Grilled Cheese on Whole Wheat Bread* Or Chicken Parmesan* Spaghetti with Marinara Fresh Zucchini Red Peppers Strips	Diced Chicken Tacos* Or Cheeseburger on Whole Wheat Bun* Roasted Carrots Pinto Beans	French Toast Sticks* Chicken Sausage Syrup Or Chicken Patty on Whole Wheat Bun* Roasted Vegetables Sliced Cucumbers	Fresh Baked Cheese or Pepperoni Pizza (P)* Or Hamburger on Whole Wheat Bun* Fresh Steamed Kale Baby Carrots
8	9	10	11	12
Chicken Nuggets* Whole Wheat Biscuit Mashed Potato Or Hot Dog on Whole Wheat Bun* Steamed Broccoli Celery Sticks	Beef Meatballs* Spaghetti with Marinara Sauce Or Grilled Cheese on Whole Wheat Flat Bread* Roasted Cauliflower Red Peppers Strips	Chicken Tenders* Breadstick Brown Rice Or Hot Dog on Whole Wheat Bun* Steamed Broccoli Green Beans	French Toast Sticks* Chicken Sausage Syrup Or Hamburger on Whole Wheat Bun* Sweet Potato Fries Celery Sticks	Fresh Baked Cheese or Pepperoni Pizza (P)* Or Chicken Patty on Whole Wheat Bun* Side Salad Tomato wedges
15	16	17	18	19
Baked Fish Bites* Mac and Cheese* Or Chicken Nuggets* Waffle Fries Celery Sticks Baby Carrots	French Toast Sticks* Chicken Sausage Syrup Or Chicken Patty on Whole Wheat Bun* Mexicali Corn Red Peppers Strips	Cheese Ravioli* With Marinara Sauce Or Hot Dog on Whole Wheat Bun* Steamed Broccoli Brussel Sprouts	Chicken Quesadilla* Or Hamburger on Whole Wheat Bun* French Fries Broccoli	Fresh Baked Cheese or Pepperoni Pizza (P)* Or Hot Dog on Whole Wheat Bun* Kidney Beans Carrots
22	23	24	25	26
Chicken Alfredo with Penne Pasta* Garlic Toast Or Beef Burrito* Roasted Zucchini Baby Carrots	French Toast Sticks* Chicken Sausage Syrup Or Chicken Patty On Whole Wheat Bun* Roasted Broccoli Red Peppers Strips	Baked Potato with Vegetarian Chili* Corn Muffin Or Hot Dog on Whole Wheat Bun* Green Beans Celery Sticks	Beef Quesadilla* Or Chicken Nuggets* French Fries Broccoli	SCHOOL CLOSED 
29	30	31		
Memorial Day SCHOOL CLOSED  MEMORIAL DAY	French Toast Sticks* Chicken Sausage Syrup Or Beef Burrito* Tater Tots Steamed Broccoli	Hot Dog on Whole Wheat Bun* Or Chicken, Cauliflower and Fries Bowl* Steamed Carrots Roasted Zucchini		

Available Every Day: Bagel with Cheese Stick offered as a Complete Meal, including vegetable, fruit and milk
 Sun Butter and Jelly on Whole Wheat Bread as a Complete Meal. Turkey and Cheese on Whole Wheat Bread as a Complete Meal.

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)
 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

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

