



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Lunch is FREE for ALL students for the 2021-22 school year!</b>			1 <u>Fresh Baked Cheese Pizza</u> OR <u>Spaghetti with Meat Sauce</u> Steamed broccoli and fruit
4 <u>Cheeseburger with Fries</u> OR <u>Turkey and Cheese on Whole Grain Bread</u> Mixed vegetables and fruit	5 <u>Chicken and Cheese Quesadilla</u> OR <u>Sun Butter and Jelly on Whole Grain Bread</u> Steamed carrots and fruit	6 <u>Brunch for Lunch! French Toast Sticks with Chicken Sausage</u> OR <u>Turkey and Cheese Sandwich on Whole Grain Bread</u> Green beans and fruit	7 <u>Baked Mac &amp; Cheese with Whole Grain Breadstick</u> OR <u>Hamburger on Whole Grain Bun with French Fries</u> Corn and fruit	8 <u>Fresh Baked Cheese Pizza</u> OR <u>Ham and Swiss Cheese Sandwich on Whole Grain Bread</u> Roasted broccoli and fruit
11 <u>No School</u> <u>Columbus Day</u>	12 <u>Baked Ziti with Marinara Sauce</u> OR <u>Grilled Chicken and lettuce on a Whole Grain Bun</u> Sautéed zucchini and fruit	13 <u>Beef Tacos with Rice</u> OR <u>Sun Butter and Jelly on Whole Grain Bread</u> Roasted vegetables and fruit	14 <u>Pasta with Meat Sauce</u> OR <u>Pasta with Roasted Vegetables</u> Tri color vegetables and fruit	15 <u>Fresh Baked Cheese Pizza</u> OR <u>Fresh Baked Pepperoni Pizza</u> Baby carrots and fruit
18 <u>Turkey Hot Dog on a Whole Grain Bun</u> OR <u>Cheesy Baked Penne Pasta</u> Garbanzo beans and fruit	19 <u>Baked Mac &amp; Cheese with Whole Grain Breadstick</u> OR <u>Meatball Hero on Whole Grain Roll</u> Corn and peppers and fruit	20 <u>Brunch for Lunch! French Toast Sticks with Chicken Sausage</u> OR <u>Buffalo Chicken Sandwich with Lettuce on a Whole Grain Bun</u> Celery and carrots and fruit	21 <u>Hamburger on Whole Grain Bun with French Fries</u> OR <u>Bagel with Cream Cheese and Cheese Stick</u> Baked sweet potato and fruit	22 <u>Fresh Baked Cheese Pizza</u> OR <u>Fresh Baked Pepperoni Pizza</u> Mixed vegetables and fruit
25 <u>Chicken Parmesan on a Whole Grain Bun</u> OR <u>Ham and Cheese Sandwich on Whole Grain Bun</u> Garlic roasted Broccoli and fruit	26 <u>Beef Burrito with Rice</u> OR <u>Cheeseburger on a Whole Grain Bun</u> Pinto beans and fruit	27 <u>Grilled Cheese Sandwich on Whole Grain Bread</u> OR <u>Turkey Chilli Bowl Topped with Cheddar Cheese</u> Sliced carrots and fruit	28 <u>Spaghetti with Chicken and Broccoli</u> OR <u>Nacho Day</u> Garbanzo beans and fruit	29 <u>Fresh Baked Cheese Pizza</u> OR <u>Chicken Patty Sandwich on Whole Grain Bun</u> Peppers and corn and fruit

All Meals include: Entrée, Vegetable, Fresh Fruit, and Choice of Milk- Fat Free White, or 1% White and Bread/Grain  
Vegetables and Fruit choices rotate daily

All Snacks and 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 offered as a Complete Meal, including vegetable, fruit and milk**  
**Sun Butter and Jelly on Whole Wheat Bread as a Complete Meal**

[Click here](#) to see the selection of healthy snacks and beverages available at Main Street School

If you have any questions/concerns regarding this menu or there are any special dietary needs, please email [gloria.estrada@irvingtonschools.com](mailto:gloria.estrada@irvingtonschools.com)

A Gluten Free Meal is available with 1 day notification

\*\*\*items with a (P) may contain pork. This Institution is an equal opportunity employer and provider

