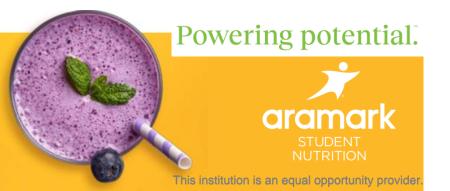


All Breakfast Must Include Choice of:
One Grain, Fruit
And May Include:
Choice of Fat Free or 1% Low-Fat Milk with no rBST
or artificial hormones

All food is free from hydrogenated oils, high fructose corn syrup, preservatives, and artificial dyes. Grains served are whole grain per National School Lunch guidelines.

If you have any Question/Concerns Special Dietary Needs Please email gloria.estrada@irvingtonschools.org



## Irvington High School and Middle School Menu



### **Breakfast Menu**

### **Available every day!**

\*Made to Order Omelet Station-Toppings diced tomatoes,

Onions, Peppers, Chicken Sausage, Mozzarella or Cheddar Cheese

\*Bacon, Egg & Cheese Sandwich- On wheat Bread

\*Meatless Egg & Cheese Sandwich- On Sliced Wheat Bread

\*Wheat French Toast Sticks- Served with 100% Maple Syrup

\*Wheat Pancakes – Served with 100% Maple Syrup

\*Yogurt Parfait - Greek Vanilla Yogurt, Fresh Blueberries & Granola

\*Bagel Meal - Bagel, 2 Cheese Stick and Fruit

\*Daily Vegetables—Hash Brown/Tater Tots offered daily

\*Available Daily -Orange, Apple and Banana

Coffee Station available for High School
Students in both Atrium and Cafeteria locations

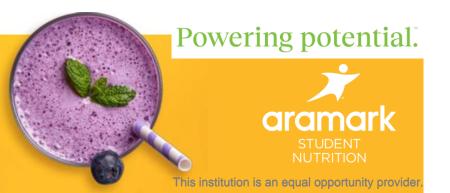
Menus are subject to change. Items with a (P) contain pork. Bread or breaded items contain milk or soy.



All Lunches Must Include Choice of:
Fruits and/or Vegetable
And May Include:
Choice of Fat Free or 1% Low-Fat Milk with no rBST
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## Irvington High School and Middle School Menu



### **Daily Offerings**

### Available every day!

- \*ACTION STATION- Lo Mein Noodles Sautéed Fresh & Hot! Add vegetables of choice and diced chicken.
- \*GRAB n GO STATION- Burgers & Chicken Sandwiches on a Bun
- \*SMOOTHIE STATION- Yogurt blended with fruit and granola
- \*ACAI BAR- Acai berry with choice of various toppings
- \*<u>DELI STATION</u> Made to Order Sandwiches with Boars Head products. Panini press option for a hot variation.
- \*<u>DAILY VEGETABLES</u> Carrot Sticks and Celery Sticks offered daily
- \*GOURMET PIZZA STATION- Specialty Pizzas Daily along with Cheese, Pepperoni (P) and Turkey, Salami (P) and Mozzarella Cheese Stromboli
- \*WEDNESDAY BBQ Beef Burger, Hot Dog, Veggie Burger w/Toppings
- \* SALADS Grilled chicken Caesar salad
- \*Apple, Oranges, Banana, Watermelon, Cantaloupe, Honeydew, Grapes, Strawberry, Blueberries and Pears





## September 2025

### **IRVINGTON HIGH/MIDDLE SCHOOL WEEKLY LUNCH MENU**

Sep 2-5

**MONDAY** 



**Penne Pasta Breadstick** 

> **Carrots Apple**

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> If you have any Question/Concerns **Special Dietary Needs Please email**

Gluten Free items are available. Please ask servers to identify items.

### WEDNESDAY

**Beef Nachos** 

**Steamed Zucchini** 

### **THURSDAY**

Pork Cubano Sandwich (P) \*

**Blueberries** 

**Baked Sweet Potatoes** Orange



**Chicken Dumplings\*** 

Steamed Broccoli Watermelon

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# September 2025 IRVINGTON HIGH/MIDDLE SCHOOL WEEKLY LUNCH MENU

September 8-12

All food is free from hydrogenated oils, high fructose corn syrup, preservatives, and artificial dyes. Grains served are whole grain per National School Lunch guidelines.

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### **MONDAY**

#### **Meatless Monday**

**Cheese Quesadilla Bar** With Salsa, Sour Cream

Brown Rice & Black Beans
Cantaloupe

### **WEDNESDAY**

Chicken Dumplings\*
Fried Rice

Spinach Salad Sliced Apple

### **FRIDAY**

NachoTater Tots \*

Side Salad Rainbow Vegetables Banana

### **TUESDAY**

**Turkey Tacos Cilantro Rice** 

Garbanzo Beans Blueberries

### **THURSDAY**

Breakfast Home Made Waffles \* Turkey Sausage 100% Maple Syrup

> Broccoli Strawberries

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And May Include:
Choice of Fat Free or 1% Low-Fat
Milk with no rBST or artificial
hormones

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# September 2025 IRVINGTON HIGH/MIDDLE SCHOOL WEEKLY LUNCH MENU

September 15-19

### **MONDAY**

Chicken Corn Dog Mac and Cheese

Tater Tots
Sliced Apple

#### WEDNESDAY

Boneless Wings
Dinner Roll

Roasted Broccoli Banana

### **FRIDAY**

Cheesy Penne Pasta\*
Garlic Bread

Roasted Zucchini Cherry Tomatoes Fresh Pear

### **TUESDAY**

Beef Nachos \*
Sour Cream, Salsa

Steamed Carrots Honeydew

### **THURSDAY**

**Grilled Cheese Tomato Soup** 

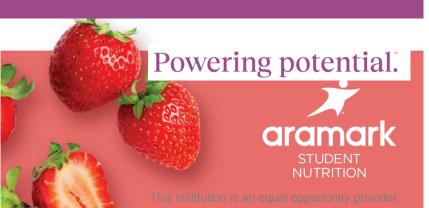
Cucumber Apple

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Milk with no rBST or artificial
hormones

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If you have any Question/Concerns Special Dietary Needs Please email

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### September 2025

## IRVINGTON HIGH/MIDDLE SCHOOL WEEKLY LUNCH MENU

September 22-26

### **MONDAY**

Fish Sandwich \*

### **TUESDAY**

**School Closed** 

All food is free from hydrogenated oils, high fructose corn syrup, preservatives, and artificial dyes. Grains served are whole grain per National School Lunch guidelines.

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Gluten Free items are available. Please ask servers to identify items.

Baked Sweet Potato Orange

### **WEDNESDAY**

**School Closed** 

### **THURSDAY**

Chicken Quesadilla\*

Baked Potato Carrot

### **FRIDAY**

Mac and Cheese Breadstick

Side Salad Pear All Lunches Must Include Choice of:
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And May Include:
Choice of Fat Free or 1% Low-Fat
Milk with no rBST or artificial
hormones



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## September 2025

## IRVINGTON HIGH/MIDDLE SCHOOL WEEKLY LUNCH MENU

September 29-30

**MONDAY** 

Chicken Nuggets\*
Pasta Lo Mein

Steamed Broccoli Orange

**WEDNESDAY** 

**TUESDAY** 

Spaghetti with Sauce Meatball Dinner Roll

Steamed Squash Apple

**THURSDAY** 

whole grain per National School Lunch guidelines.

If you have any Question/Concerns

Special Dietary Needs Please email

All food is free from hydrogenated oils, high fructose corn

syrup, preservatives, and artificial dyes. Grains served are

Gluten Free items are available. Please ask servers to identify items.



**FRIDAY** 

All Lunches Must Include Choice of:
Fruits and/or Vegetable
And May Include:
Choice of Fat Free or 1% Low-Fat
Milk with no rBST or artificial
hormones