

Lunch Menu

Dows Lane Elementary

Main Street School

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
*Beef Nachos	Chicken Lo Mein	01	Baked Fish	*Fresh Baked Cheese or
		aryom	*Macaroni and Cheese	Pepperoni Pizza
OR	OR	Kippur		
Chielese Tendens			OR	OR
Chicken Tenders Breadsticks	Hot Dog on a Bun		Chicken Patty	Hot Dog
Diedusticks			Chicken Fatty	HOL DOg
Mashed Potato	Sliced Red Peppers		Roasted Vegetables	
Steamed Broccoli	Cauliflower	School Closed	Celery Sticks	Celery and Carrots Sticks
10	11	12	13	14
	Beef Meatballs	Soft Beef Tacos & Rice	Fresh Toast Sticks &	*Fresh Baked Cheese or
	& Spaghetti	OR	Scrambled Eggs	Pepperoni Pizza
	Spaghetti Sauce		OR	OR
· Starf John	OR	Chicken Tenders Breadsticks		Chicken Patty Sandwich
COLUMBUS DRY	*Mozzarella Sticks with	Diedusticks	Beef Burger	Salad
	Breadstick	Kidney Beans	Sweet Potato	Tomatoes
School Closed	Roasted Vegetables	Fresh Zucchini	Celery Stick	
17	18	19	20	21
Baked Fish Bites	Popcorn Chicken	*Ravioli with Marinara Sauce	Chicken Quesadilla	*Fresh Baked Cheese or
*Macaroni and Cheese	Biscuit	Breadstick	OR	Pepperoni Pizza
OR	OR	OR		OR
Chieleen Dettu	Doof Durgon on a Durg	Chisken Tandara	Beef Burger	Hat Dag on a Dun
Chicken Patty	Beef Burger on a Bun	Chicken Tenders		Hot Dog on a Bun
		Dura datiala	Cauliflower	
Fries	Carrots	Breadstick Roasted Broccoli	Sliced Cucumber	Celery and Carrots Sticks
Celery Sticks	Baked Beans			
24	25	26	27	28
*Chicken Alfredo Pasta	Bean Beef Tortilla Bowl	Vegetarian Chili	Chicken Tenders	*Fresh Baked Cheese or
Garlic Bread OR	OR	Corn Muffin OR	With Rice OR	Pepperoni Pizza OR
UK		OR	OR	UK
Beef Burger on a Bun	Chicken Patty on a Bun	Hot Dog on a Bun	Beef Quesadilla	Beef Burger on a Bun
Carrots Coins	Corn	Green Beans	Broccoli	Pinto Beans
Roasted Squash	Peppers	Celery Sticks	Edamame Beans	Cole Slaw
31				
BBQ Chicken		8.9. 200		Student Lunch
*Macaroni and Cheese Biscuit				
OR	Contraction of the second			\$3.25
Chicken Tenders	and the second		A REAL PROPERTY AND A REAL	
Breadsticks	and the second second	Solution IN	and the second s	Adult Lunch
	S. Sala	The Market		
Vegetarian Baked Beans				\$5.50
Tomatoes	1			1

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.

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

<u>Click here</u> 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

