



Irvington High School 5 Week Cycle Menu Fall Semester

Week 1 August 4th-8th, September 8th-12th, October 13th- 17th, November 17th- 21st				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Cinnamon Breakfast Bun	Sausage Breakfast Pizza	Egg & Cheese Croissant	Country Chicken Biscuit	Strawberry Bagel
Lunch Chicken Patty Sliders Hamburger Bosco Sticks Chef Salad Mashed Potatoes	Sriracha Crunch Cheeseburger Chicken Tenders Cheeseburger Pizza Chef Salad Sweet Corn	Chicken Parmesan Sub Spicy Chicken Sandwich Bosco Sticks Chef Salad Peas & Carrots	French Toast/T-Sausage Crispy Chicken Sandwich Spicy BBQ Chicken Pizza Chef Salad Hash Browns	Tater Tot Beef Nachos Hamburger Bosco Sticks Chef Salad Black Beans
Week 2 August 11th- 15th, September 15th- 19th, October 20th-24th, November 24th- 28th				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Breakfast Pizza	Donut Holes	Apple Orange Yogurt Smoothie	Turkey Pancake Wrap	Ham & Cheese Bagel
Lunch Spicy Chicken Mac & Cheese Hamburger Bosco Sticks Deli Sandwich Baked Beans	Philly Cheesesteak Spicy Chicken Sandwich Spicy Sausage Pizza Deli Sandwich Roasted Cauliflower	Popcorn Chix Potato Bowl Burger w/ Jalapeno Garlic Mayo Bosco Sticks Deli Sandwich Mashed Potatoes	Buffalo Cheese Pizza Sticks Chicken Tenders Meat Lovers Pizza Deli Sandwich Spiral Fries	Pepperoni Pizza Spicy Chicken Sandwich Bosco Sticks Deli Sandwich Green Beans
Week 3 August 18th- 22nd, September 22nd- 26th, October 27th-31st, December 1st- 5th				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Egg & Cheese Croissant	French Toast Sticks	Sausage Brkft Sandwich	Chocolate Filled Crescent	Cinnamon Brkft Round
Lunch Fish Sandwich Chicken Tenders Bosco Sticks Buff Ranch Chicken Salad Waffle Fries	Bean & Beef Tortilla Bowl Spicy Chicken Sandwich Taco Pizza Buff Ranch Chicken Salad Corn	Chicken Alfredo w/Garlic Toast Spicy Chicken Sandwich Bosco Sticks Buff Ranch Chicken Salad Steamed Broccoli	Honey Stug Popcorn Chicken Burger w/Jalapeno Cheese Sausage Pizza Buff Ranch Chicken Salad Baked Beans	Buff Chix Mac&Cheese Hamburger Bosco Sticks Buff Ranch Chicken Salad Green Beans
Week 4 August 25th-29th, September 29th- October 3rd, November 3rd-7th, December 8th-12th				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Vanilla Waffles	Country Chicken Bagel	Powdered Sugar Donut	Mini Caramel Cinn Rolls	Egg Bagel
Lunch Popcorn Chicken /Cheesy Rice Spicy Chicken Sandwich Bosco Sticks Deli Sandwich Steamed Broccoli	Chicken Fajitas Chix Sandw/Signature Sauce Cheeseburger Pizza Deli Sandwich Waffle Fries	General Tso's Beef Vegetable Chicken Tenders Bosco Sticks Deli Sandwich Oven Roasted Carrots	Waffles & Turkey Sausage Bacon Cheeseburger Spicy Pepperoni Pizza Deli Sandwich Hash Browns	Meatball Sub Penne Caesar Salad Bosco Sticks Deli Sandwich Tossed Salad
Week 5 July 28th-August 1st, September 1st-5th, October 6th-10th, November 10th-14th, December 15th-19th				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Turkey Pancake Wrap	Eggo Waffles	Country Chicken Biscuit	Glazed Donut	Apple Cinn Oatmeal Round
Lunch Fish Tacos Chicken Tenders Bosco Sticks Italian Salad w/Ham French Fries	Spaghetti w/Meat Sauce Spicy Chicken Sandwich Meatball Pizza Italian Salad w/Ham Oven Roasted Carrots	Walking Taco Parm Blk Pepper Burger Bosco Sticks Italian Salad w/Ham Kickin Pinto Beans	Orange Chicken and Rice Grilled Cheese Meat Lovers Pizza Italian Salad w/Ham Mixed Vegetables	Buzzer Beater Basket Corn Dog Bosco Sticks Italian Salad w/Ham Tossed Salad

Breakfast- Students can choose to add ½ cup of fresh fruit, 4oz of juice and 8oz milk to their meal.

Lunch- Student can choose to add ½ cup of fruit, ½ cup of vegetable and 8 oz of milk to their meal. Students must add at least one fruit or vegetable to their meal to have a complete meal. We offer multiple fresh fruits and vegetables every day. Our cold bar is stocked with salad mix, carrots, broccoli, celery, cucumbers, apples, oranges, bananas and applesauce.

We also offer a peanut butter and jelly sandwich instead of the daily hot entrée.