



Irvington Middle 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 or Honey Nut Cherrios	Sausage Breakfast Pizza or Cocoa Puffs Cereal	Egg & Cheese Croissant or Lucky Charms Cereal	Country Chicken Biscuit or Cinnamon Toast Crunch	Mixed Berry Soone or Strawberry Parfait
Lunch Chicken Patty Sliders Beef Frank Deli Sandwich Mashed Potatoes	Turkey Barbacoa Tacos Cheeseburger Deli Sandwich Sweet Corn	Spicy Popcorn Chicken Cheese Pizza Deli Sandwich Vegetarian Baked Beans	French Toast/T-Sausage Bean & Cheese Burrito Deli Sandwich Hash Browns	Tater Tot Beef Nachos Chef Salad Deli Sandwich Tossed Salad
Week 2 August 11th- 15th, September 15th- 19th, October 20th-24th, November 24th- 28th				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Breakfast Pizza or Honey Nut Cherrios	Chicken Snack Wrap or Cocoa Puffs Cereal	Apple Orange Yogurt Smoothie or Lucky Charms Cereal	Turkey Pancake Wrap or Cinnamon Toast Crunch	Ham & Cheese Bagel or Strawberry Parfait
Lunch Mini Corn Dogs Mac & Cheese Cheeseburger Chef Salad French Fries	Beef Nachos Chicken Tenders Chef Salad Black Beans	Popcorn Chix Potato Bowl Grilled Cheese Chef Salad Corn	Buffalo Cheese Pizza Sticks Chicken Nuggets Chef Salad Tater Tots	Pepperoni Pizza Spicy Chicken Sandwich Chef Salad Tossed Salad
Week 3 August 18th- 22nd, September 22nd- 26th, October 27th-31st, December 1st- 5th				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Egg & Cheese Croissant or Honey Nut Cherrios	French Toast Sticks or Cocoa Puffs Cereal	Sausage Bkft Sandwich or Lucky Charms Cereal	Chocolate Filled Crescent or Cinnamon Toast Crunch	Mini Pancake Sausage Bites or Strawberry Parfait
Lunch Beef Soft Tacos Corn Dog Muffin, Cheese, Yogurt Pack Black Beans	Cheeseburger Cheese Quesadilla Muffin, Cheese, Yogurt Pack Corn	Pancakes, Cheese Omelet Bosco Sticks w/ Marinara Muffin, Cheese, Yogurt Pack Tater Tots	Honey Stug Popcorn Chicken Beef Frank Muffin, Cheese, Yogurt Pack Green Beans	Cheese Pizza Buff Chix Mac & Cheese Muffin, Cheese, Yogurt Pack Tossed Salad
Week 4 August 25th-29th, September 29th- October 3rd, November 3rd-7th, December 8th-12th				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Vanilla Waffles or Honey Nut Cherrios	Country Chicken Sandwich or Cocoa Puffs Cereal	Powdered Sugar Donut or Lucky Charms Cereal	Sausage Breakfast Pizza or Cinnamon Toast Crunch	Egg Bagel or Strawberry Parfait
Lunch Popcorn Chicken Cheeseburger Deli Sandwich Baked Beans	Chix Sandw/Signature Sauce Cheese Pizzadilla Deli Sandwich Waffle Fries	Spaghetti and Meat Sauce Popcorn Chicken Salad Deli Sandwich Mixed Vegetables	Waffles & Turkey Sausage Spicy Chicken Sandwich Deli Sandwich Hash Browns	Pepperoni Pizza Meatball Sub 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 or Honey Nut Cherrios	Egg & Cheese Croissant or Cocoa Puffs Cereal	Strawberry Yogurt Smoothie or Lucky Charms Cereal	Sausage & Cheese Melt or Cinnamon Toast Crunch	Country Chicken Biscuit or Strawberry Parfait
Lunch Fish Fillet Sandwich Mini Corn Dogs Popcorn Chicken Salad French Fries	Chicken Tenders and Roll Bosco Sticks w/ Marinara Popcorn Chicken Salad Cooked Carrots	Walking Taco Spicy Chicken Sandwich Popcorn Chicken Salad Kickin Pinto Beans	Bacon Cheeseburger Bean & Cheese Burrito Popcorn Chicken Salad Mixed Vegetables	Cheese Pizza Nuggets and Fries Popcorn Chicken Salad 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.