



Irvington High School 5 Week Cycle Menu Spring Semester

Week 1 January 26th-30th, March 2nd-6th, April 6th- 10th, May 11th- 15th				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Cinnamon Workbook last saved: Just now	Sage & Cheese English Muffin	Powdered Sugar Donut	Country Chicken Biscuit	Strawberry Bagel
Lunch				
Chicken Drumstick	Sriracha Crunch Cheeseburger	Chicken Parmesan Sub	French Toast/T-Sausage	Tater Tot Beef Nachos
Hamburger	Chicken Tenders	Spicy Chicken Sandwich	Crispy Chicken Sandwich	Hamburger
Bosco Sticks	Cheeseburger Pizza	Bosco Sticks	Spicy BBQ Chicken Pizza	Bosco Sticks
Chef Salad	Chef Salad	Chef Salad	Chef Salad	Chef Salad
Mashed Potatoes	Sweet Corn	Peas & Carrots	Hash Browns	Black Beans
Week 2 February 2nd- 6th, March 9th- 13th, April 13th-17th, May 18th- 22nd				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Cheese Omelet & Toast	Donut Holes	Cinnamon Rolls	Turkey Pancake Wrap	Ham & Cheese Bagel
Lunch				
Spicy Chicken\ Mac & Cheese	Philly Cheesesteak	Popcorn Chix Potato Bowl	Buffalo Cheese Pizza Sticks	Pepperoni Pizza
Hamburger	Spicy Chicken Sandwich	Burger w/ Jalapeno Garlic Mayo	Chicken Tenders	Spicy Chicken Sandwich
Bosco Sticks	Spicy Sausage Pizza	Bosco Sticks	Meat Lovers Pizza	Bosco Sticks
Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli Sandwich
Baked Beans	Roasted Cauliflower	Mashed Potatoes	Spiral Fries	Green Beans
Week 3 January 5th - 9th, February 9th - 13th, March 16th - 20th, April 20th - 24th				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Country Chicken Biscuit	French Toast Sticks	Sausage Brkft Sandwich	Chocolate Filled Crescent	Cinnamon Brkft Round
Lunch				
Fish Sandwich	Bean & Beef Tortilla Bowl	Chicken Alfredo w/Garlic Toast	Honey Stug Popcorn Chicken	Buff Chix Mac&Cheese
Chicken Tenders	Crispy Chicken Sandwich	Spicy Chicken Sandwich	Burger w/Jalapeno Cheese	Hamburger
Bosco Sticks	Taco Pizza	Bosco Sticks	Sausage Pizza	Bosco Sticks
Buff Ranch Chicken Salad	Buff Ranch Chicken Salad	Buff Ranch Chicken Salad	Buff Ranch Chicken Salad	Buff Ranch Chicken Salad
Waffle Fries	Corn	Steamed Broccoli	Baked Beans	Green Beans
Week 4 January 12th - 16th, February 16th - 20th, March 23rd - 27th, April 27th - May 1st				
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	Chicken Fajitas	Spicy Chicken Pepperoni Bake	Waffles & Turkey Sausage	Meatball Sub
Spicy Chicken Sandwich	Chix Sandw/Signature Sauce	Chicken Tenders	Bacon Cheeseburger	Penne Caesar Salad
Bosco Sticks	Cheeseburger Pizza	Bosco Sticks	Spicy Pepperoni Pizza	Bosco Sticks
Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli Sandwich
Steamed Broccoli	Waffle Fries	Roasted Carrots	Hash Browns	Tossed Salad
Week 5 January 19th - 23rd, February 23rd - 27th, March 30th - April 3rd, May 4th - 8th				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Turkey Pancake Wrap	Eggo Waffles	Country Chicken Biscuit	Glazed Donut	Apple Cinn Oatmeal Round
Lunch				
Beef Chili	Spaghetti w/Meat Sauce	Walking Taco	Orange Chicken and Rice	Buzz Beater Basket
Chicken Tenders	Spicy Chicken Sandwich	Crispy Chicken Sandwich	Spicy Popcorn Chicken	Cheeseburger
Bosco Sticks	Sausage Pizza	Bosco Sticks	Meat Lovers Pizza	Bosco Sticks
Italian Salad w/Ham	Italian Salad w/Ham	Italian Salad w/Ham	Italian Salad w/Ham	Italian Salad w/Ham
French Fries	Oven Roasted Carrots	Kickin Pinto Beans	Mixed Vegetables	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.

