



## Irvington Middle 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
<b>Breakfast</b>				
Cinnamon Breakfast Bun	Glazed Donut	Egg & Cheese Croissant	Country Chicken Biscuit	Strawberry Bagel
<b>Lunch</b>				
Chicken Drumstick	Turkey Barbacoa Tacos	Spicy Popcorn Chicken	French Toast/T-Sausage	TaterTot Beef Nachos
Beef Frank	Cheeseburger	Cheese Pizza	Crispy Chicken Sandwich	Chef Salad
Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli Sandwich
Mashed Potatoes	Sweet Corn	Tossed Salad	Hash Browns	Black Beans
Week 2 February 2nd- 6th, March 9th- 13th, April 13th-17th, May 18th- 22nd				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>				
Cheese Omelet & Toast	Chicken Snack Wrap	Apple Orange Yogurt Smoothie	Turkey Pancake Wrap	Ham & Cheese Bagel
<b>Lunch</b>				
Spicy Chicken\ Mac & Cheese	Beef Nachos	Popcorn Chix Potato Bowl	Buffalo Cheese Pizza Sticks	Pepperoni Pizza
Hamburger	Chicken Tenders	Bean & Cheese Burrito	Chicken Nuggets	Spicy Chicken Sandwich
Chef Salad	Chef Salad	Chef Salad	Chef Salad	Chef Salad
French Fries	Black Beans	Corn	Tater Tots	Tossed Salad
Week 3 January 5th - 9th, February 9th - 13th, March 16th - 20th, April 20th - 24th				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>				
Egg & Cheese Croissant	French Toast Sticks	Sausage Brkft Sandwich	Chocolate Filled Crescent	Strawberry Yogurt Parfait
<b>Lunch</b>				
Cheeseburger	Beef Soft Tacos	Pancakes w/ Cheese Omelet	Honey Stug Popcorn Chicken	Cheese Pizza
Corn Dog	Cheese Quesadilla	Bosco Sticks w/Marinara	Beef Frank	Buff Chix Mac&Cheese
Muffin, Cheese, Yogurt Pack	Muffin, Cheese, Yogurt Pack	Muffin, Cheese, Yogurt Pack	Muffin, Cheese, Yogurt Pack	Muffin, Cheese, Yogurt Pack
Corn	Black Beans	Tater Tots	Green Beans	Tossed Salad
Week 4 January 12th - 16th, February 16th - 20th, March 23rd - 27th, April 27th - May 1st				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>				
Vanilla Waffles	Country Chicken Bagel	Powdered Sugar Donut	Mini Caramel Cinn Rolls	Egg Bagel
<b>Lunch</b>				
Popcorn Chicken /Cheesy Rice	Chix Sandw/Signature Sauce	Spaghetti and Meat Sauce	Waffles & Turkey Sausage	Pepperoni Pizza
Cheeseburger	Cheese Pizzadilla	Popcorn Chicken Salad	Spicy Chicken Sandwich	Meatball Sub
Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli Sandwich
Baked Beans	Waffle Fries	Mixed Vegetables	Hash Browns	Tossed Salad
Week 5 January 19th - 23rd, February 23rd - 27th, March 30th - April 3rd, May 4th - 8th				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>				
Turkey Pancake Wrap	Egg and Cheese Croissant	Strawberry Yogurt Smoothie	Country Chicken Biscuit	Strawberry Parfait
<b>Lunch</b>				
Fish Fillet Sandwich	Orange Chicken and Rice	Walking Taco	Bacon Cheeseburger	Cheese Pizza
Mini Corn Dogs	Chicken Tenders w/ Roll	Spicy Chicken Sandwich	Bean & Cheese Burrito	Chicken Nuggets
Popcorn Chicken Salad	Popcorn Chicken Salad	Popcorn Chicken Salad	Popcorn Chicken Salad	Popcorn Chicken Salad
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. Cereal is also available instead of the main entrée.

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.