



Irvington Middle School 5 Week Cycle Menu Fall Semester

Week 1 August 24th-28th, September 28th- Oct 2nd, November 2nd-6th, December 7th-11th				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Apple Frudel	Egg & Cheese Croissant	Country Chicken Biscuit	Powdered Sugar Donut	Egg & Cheese Bagel
Lunch				
Pizza Waffalaco	French Toast & T.Sausage	Pepperoni Pizza	Barbacoa Pulled Turkey Tacos	TaterTot Beef Nachos
Cheeseburger	Spicy Chicken Sandwich	Chicken Tenders	Grilled Cheese	Crispy Chicken Sandwich
Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich
Apple, Cheese & Yogurt Lunch Pac	Apple, Cheese & Yogurt Lunch Pac	Apple, Cheese & Yogurt Lunch Pac	Apple, Cheese & Yogurt Lunch Pac	Apple, Cheese & Yogurt Lunch Pac
Baked Beans	Tater Tots	Peas & Carrots	Sweet Corn	Baby Carrots
Week 2 July 27th-31st, August 31st- September 4th, October 5th-9th, November 9th-13th, December 14th-18th				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Strawberry Creamy Cheese Bagel	Chicken Snack Wrap	Egg, Bacon & Cheese Bagel	Scrambled Eggs & Tater Tots	Ham & Cheese Bagel
Lunch				
Buffalo Cheese Pizza Sticks	Beef Nachos	Popcorn Chix Potato Bowl	3 Cheese Mac & Cheese	Cheese Pizza
Crispy Chicken Sandwich	Grilled Cheese	Corn Dog	Cheeseburger	Spicy Popcorn Chicken
Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich
ChickenHam & Cheese Sub	ChickenHam & Cheese Sub	ChickenHam & Cheese Sub	ChickenHam & Cheese Sub	ChickenHam & Cheese Sub
French Fries	Refried Beans	Sweet Corn	Tater Tots	Mixed Veggies
Week 3 August 3rd-7th, September 7th- 11th, October 12th- 16th, November 16th - 20th, December 21st-25th				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Egg & Cheese Croissant	French Toast Sticks	Sausage Breakfast Sandwich	Chocolate Filled Crescent	Sausage Pancake Bites
Lunch				
Buffalo Mac & Cheese	Beef Soft Tacos	Pancakes & Cheese Omelet	BBQ Pork Rib Sandwich	Hot Honey Popcorn Chicken
Beef Frank	Crispy Chicken Sandwich	Cheeseburger	Spicy Chicken Sandwich	Pepperoni Pizza
Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich
Soft Pretzel/Yogurt Cold Pac	Soft Pretzel/Yogurt Cold Pac	Soft Pretzel/Yogurt Cold Pac	Soft Pretzel/Yogurt Cold Pac	Soft Pretzel/Yogurt Cold Pac
Celery Sticks	Black Beans	Tater Tots	French Fries	Baby Carrots
Week 4 August 10th - 14th, September 14th - 18th, October 19th - 23rd, November 23rd - 27th				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Chicken & Cheese English Muffin	Cinnamon Roll	Powdered Sugar Donut	Breakfast Pizza	Egg Bagel
Lunch				
Chili Orange Chicken & Rice	Chicken Sandwich w/pickels	Lasagna Roll Up	Waffles & Turkey Sausage	Meatball Sub
Cheeseburger	Cheese Pizza	Mini Corn Dogs	Chicken Nuggets	Crispy Chicken Sandwich
Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich
Popcorn Chicken Salad	Popcorn Chicken Salad	Popcorn Chicken Salad	Popcorn Chicken Salad	Popcorn Chicken Salad
Roasted Broccoli	Waffle Fries	Garlic Parm Green Beans	Tater Tots	Baked Beans
Week 5 August 17th - 21st, September 21st - 25th, October 26th - 30th, November 30th - December 4th				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
T.Sausage Pancake Wrap	Egg & Cheese Croissant	Country Chicken Biscuit	Sausage & Cheese English Muffin	Maple Pancake Puffs
Lunch				
Fish Sandwich	Chicken Tenders w/Pizza Ranch	Walking Tacos	Jalapeno Popper Burger	Buzzer Beater Basket
Spicy Chicken Sandwich	Cheeseburger	Beef Frank	Crispy Chicken Sandwich	Pepperoni Pizza
Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich
Chef Salad	Chef Salad	Chef Salad	Chef Salad	Chef Salad
Crinkle Fries	Oven Roasted Carrots	Kickin Pinto Beans	Mixed Vegetables	Celery Sticks

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.