



## Irvington Preparatory Academy 5 Week Cycle Menu Fall Semester

| Week 1 August 24th-28th, September 28th- Oct 2nd, November 2nd-6th, December 7th-11th                                                                              |                                                                                                                                            |                                                                                                                                                |                                                                                                                                                        |                                                                                                                                                             |
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| Monday                                                                                                                                                             | Tuesday                                                                                                                                    | Wednesday                                                                                                                                      | Thursday                                                                                                                                               | Friday                                                                                                                                                      |
| <b>Breakfast</b><br>Cinnamon Breakfast Bun                                                                                                                         | T.Sausage Bkfst Pizza                                                                                                                      | Egg & Cheese Croissant                                                                                                                         | Country Chicken Biscuit                                                                                                                                | Mixed Berry Scone                                                                                                                                           |
| <b>Lunch</b><br>Pizza Waffalaco<br>Cheeseburger<br>BBQ Chicken Pizza<br>Chicken Caesar Salad<br>PB&J Bagel w/Cheese Stick<br>Baked Beans                           | French Toast & T.Sausage<br>Spicy Chicken Sandwich<br>Bosco Sticks<br>Chicken Caesar Salad<br>PB&J Bagel w/Cheese Stick<br>Tater Tots      | Chicken Dumpling/Fried Rice<br>Chicken Tenders<br>Cheeseburger Pizza<br>Chicken Caesar Salad<br>PB&J Bagel w/Cheese Stick<br>Peas & Carrots    | Barbacoa Pulled Turkey Tacos<br>Max Sticks w/ Dipping Sauce<br>Buffalo Bosco Sticks<br>Chicken Caesar Salad<br>PB&J Bagel w/Cheese Stick<br>Sweet Corn | TaterTot Beef Nachos<br>Hot Honey Chicken Sandwich<br>Mexican Beef Pizza<br>Chicken Caesar Salad<br>PB&J Bagel w/Cheese Stick<br>Shredded Lettuce           |
| Week 2 July 27th-31st, August 31st- September 4th, October 5th-9th, November 9th-13th, December 14th-18th                                                          |                                                                                                                                            |                                                                                                                                                |                                                                                                                                                        |                                                                                                                                                             |
| Monday                                                                                                                                                             | Tuesday                                                                                                                                    | Wednesday                                                                                                                                      | Thursday                                                                                                                                               | Friday                                                                                                                                                      |
| <b>Breakfast</b><br>Strawberry Creamy Cheese Bagel                                                                                                                 | Chicken Snack Wrap                                                                                                                         | Pancake Bites                                                                                                                                  | Turkey Pancake Wrap                                                                                                                                    | Ham & Cheese Bagel                                                                                                                                          |
| <b>Lunch</b><br>3 Cheese Mac & Cheese<br>Spicy Chicken Sandwich<br>Spicy Sausage Pizza<br>Honey mustard Chicken Wrap<br>Buffalo Ranch Chicken Salad<br>Baked Beans | Philly Cheesesteak<br>Grilled Cheese<br>Bosco Sticks<br>Honey mustard Chicken Wrap<br>Buffalo Ranch Chicken Salad<br>French Fries          | Popcorn Chix Potato Bowl<br>Cheeseburger<br>Meat Lovers Pizza<br>Honey mustard Chicken Wrap<br>Buffalo Ranch Chicken Salad<br>Mashed Potatoes  | Black Bean Chili Frito Bowl<br>Corn Dog<br>Buffalo Bosco Sticks<br>Honey mustard Chicken Wrap<br>Buffalo Ranch Chicken Salad<br>Diced Tomatoes         | Bean & Cheese Burrito<br>Crispy Chicken Sandwich<br>Bacon Chicken Ranch Pizza<br>Honey mustard Chicken Wrap<br>Buffalo Ranch Chicken Salad<br>Seasoned Corn |
| Week 3 August 3rd-7th, September 7th- 11th, October 12th- 16th, November 16th - 20th, December 21st-25th                                                           |                                                                                                                                            |                                                                                                                                                |                                                                                                                                                        |                                                                                                                                                             |
| Monday                                                                                                                                                             | Tuesday                                                                                                                                    | Wednesday                                                                                                                                      | Thursday                                                                                                                                               | Friday                                                                                                                                                      |
| <b>Breakfast</b><br>Egg & Cheese Croissant                                                                                                                         | French Toast Sticks                                                                                                                        | Sausage Breakfast Sandwich                                                                                                                     | Chocolate Filled Crescent                                                                                                                              | Sausage Pancake Bites                                                                                                                                       |
| <b>Lunch</b><br>Fish Sandwich<br>Honey Stung Chicken w/Biscuit<br>Buffalo Chicken Pizza<br>Muffin/Yogurt Cold Pac<br>Chicken BLT Sub<br>Waffle Fries               | Loaded Tater Tots<br>Beef Frank<br>Bosco Sticks<br>Muffin/Yogurt Cold Pac<br>Chicken BLT Sub<br>Corn                                       | Chicken Alfredo w/Garlic Knot<br>Cheeseburger<br>Fully Loaded Pizza<br>Muffin/Yogurt Cold Pac<br>Chicken BLT Sub<br>Roasted Broccoli           | BBQ Pork Rib Sandwich<br>Chicken Tender<br>Buffalo Bosco Sticks<br>Muffin/Yogurt Cold Pac<br>Chicken BLT Sub<br>Baked Beans                            | Buffalo Chix Mac&Cheese<br>Cheese Quesadilla<br>Hawaiian Pizza<br>Muffin/Yogurt Cold Pac<br>Chicken BLT Sub<br>Baby Carrots                                 |
| Week 4 August 10th - 14th, September 14th - 18th, October 19th - 23rd, November 23rd - 27th                                                                        |                                                                                                                                            |                                                                                                                                                |                                                                                                                                                        |                                                                                                                                                             |
| Monday                                                                                                                                                             | Tuesday                                                                                                                                    | Wednesday                                                                                                                                      | Thursday                                                                                                                                               | Friday                                                                                                                                                      |
| <b>Breakfast</b><br>Chicken & Cheese English Muffin                                                                                                                | Cinnamon Roll                                                                                                                              | Powdered Sugar Donut                                                                                                                           | Breakfast Pizza                                                                                                                                        | Egg Bagel                                                                                                                                                   |
| <b>Lunch</b><br>Chicken Drumstick<br>Crispy Chicken Sandwich<br>Spicy Pepperoni Pizza<br>Chicken Cheddar Wrap<br>Garlic Chicken Cobb Salad<br>Mashed Potatoes      | Pulled Barbacoa Turkey Quesadilla<br>Corn Dog<br>Bosco Sticks<br>Chicken Cheddar Wrap<br>Garlic Chicken Cobb Salad<br>Campfire Black Beans | Chili Orange Chicken & Rice<br>Chicken Tenders<br>Cheeseburger Pizza<br>Chicken Cheddar Wrap<br>Garlic Chicken Cobb Salad<br>Roasted Carrots   | Waffles & Turkey Sausage<br>Bacon Cheeseburger<br>Buffalo Bosco Sticks<br>Chicken Cheddar Wrap<br>Garlic Chicken Cobb Salad<br>Tater Tots              | Meatball Sub<br>Spicy Chicken Sandwich<br>BBQ Chicken Pizza<br>Chicken Cheddar Wrap<br>Garlic Chicken Cobb Salad<br>Peas and Carrots                        |
| Week 5 August 17th - 21st, September 21st - 25th, October 26th - 30th, November 30th - December 4th                                                                |                                                                                                                                            |                                                                                                                                                |                                                                                                                                                        |                                                                                                                                                             |
| Monday                                                                                                                                                             | Tuesday                                                                                                                                    | Wednesday                                                                                                                                      | Thursday                                                                                                                                               | Friday                                                                                                                                                      |
| <b>Breakfast</b><br>T.Sausage Pancake Wrap                                                                                                                         | Egg & Cheese Croissant                                                                                                                     | Country Chicken Biscuit                                                                                                                        | Sausage & Cheese English Muffin                                                                                                                        | Maple Pancake Puffs                                                                                                                                         |
| <b>Lunch</b><br>Bonless Wings<br>Grilled Cheese<br>Meat Lovers Pizza<br>Egg,Cheese & Grape Cold Pac<br>Spicy Turkey Sub<br>Waffle Fries                            | Beef Nachos<br>Spicy Popcorn Chicken<br>Bosco Sticks<br>Egg,Cheese & Grape Cold Pac<br>Spicy Turkey Sub<br>Oven Roasted Carrots            | Lasagna Roll Up<br>Crispy Chicken Sandwich<br>Bacon Chicken Ranch Pizza<br>Egg,Cheese & Grape Cold Pac<br>Spicy Turkey Sub<br>Roasted Broccoli | Jalapeno Popper Burger<br>Chicken Crispos<br>Buffalo Bosco Sticks<br>Egg,Cheese & Grape Cold Pac<br>Spicy Turkey Sub<br>Mixed Vegetables               | BBQ Pork Rib Sandwich<br>Chicken Tenders<br>Sausage Pizza<br>Egg,Cheese & Grape Cold Pac<br>Spicy Turkey Sub<br>Baked Beans                                 |

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.