



All Breakfast Must Include Choice of:

One Grain, Fruit

And May Include:

Choice of Fat Free or 1% Low-Fat Milk with no rBST or artificial hormones

All food is free from hydrogenated oils, high fructose corn syrup, preservatives, and artificial dyes. Grains served are whole grain per National School Lunch guidelines.

If you have any Question/Concerns
Special Dietary Needs Please email
gloria.estrada@irvingtonschools.org

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This institution is an equal opportunity provider.

Irvington High School and Middle School Menu



Breakfast Menu

Available every day!

- *Made to Order Omelet Station- Toppings diced tomatoes, Onions, Peppers, Chicken Sausage, Mozzarella or Cheddar Cheese
- *Bacon, Egg & Cheese Sandwich- on wheat Bread
- *Meatless Egg & Cheese Sandwich- on Sliced Wheat Bread
- *Wheat French Toast Sticks - Served with 100% Maple Syrup
- *Wheat Pancakes – Served with 100% Maple Syrup
- *Yogurt Parfait- Greek Vanilla Yogurt, Fresh blueberries & Granola
- *Bagel Meal - Bagel, 2 Cheese Stick and Fruit
- *Daily Vegetables - Hash Brown/Tater Tots offered daily
- *Available Daily - Orange, Apple and Banana

Coffee Station available for High School Students in both Atrium and Cafeteria locations

Menus are subject to change. Items with a (P) contain pork. Bread or breaded items contain milk or soy.



All Lunches Must Include Choice of:
Fruits and/or Vegetable
And May Include:
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or artificial hormones

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Daily Offerings

Available every day!

- * **ACTION STATION**- Lo Mein Noodles Sautéed Fresh & Hot! Add vegetables of choice and diced chicken.
- * **Grab n Go STATION**- Burgers & Chicken Sandwiches on a Bun
- * **SMOOTHIE STATION**- Yogurt blended with fruit and granola
- * **Acai Bar**- Acai berry with choice of various toppings
- * **DELI STATION** - Made to Order Sandwiches with Boars Head products. Panini press option for a hot variation.
- * **DAILY VEGETABLES** - Carrot Sticks and Celery Sticks offered daily
- * **GOURMET PIZZA STATION**-Specialty Pizzas Daily along with Cheese, Pepperoni (P) and Turkey, Salami (P)
- * **WEDNESDAY BBQ** **Beef Burger, Hot Dog, Veggie Burger**
w/Toppings
- * **SALADS** – Grilled chicken Caesar salad
- * **Soup**- **Chicken Soup, Tomato Soup, Pea Soup**
- * **Apple, Oranges, Banana**



January 2026

IRVINGTON HIGH/MIDDLE SCHOOL WEEKLY LUNCH MENU

January 5-9

MONDAY

Meatless Monday

**Baked Fish Stick
Mashed Potato**

**Roasted Broccoli
Apple**

TUESDAY

**Beef Rice Bowl
Brown Rice**

Cantaloupe

WEDNESDAY

**Chicken Alfredo Pasta
Breadstick**

Apple

THURSDAY

Turkey Barbacoa Quesadilla*
With Sour Cream and Salsa

**Baked Sweet Potatoes
Orange**

FRIDAY

Mac and Cheese*
Breadstick

**Steamed Broccoli
Watermelon**

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hormones

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NUTRITION

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January 2026

IRVINGTON HIGH/MIDDLE SCHOOL WEEKLY LUNCH MENU

January 12-16

MONDAY

Meatless Monday

**Cheese Quesadilla
With Salsa, Sour Cream**

**Brown Rice & Black Beans
Apple**

TUESDAY

**Meatball and Pasta
Breadstick**

**Butternut Squash
Banana**

WEDNESDAY

**Beef Sauteed with
Peppers and Onion
Brown Rice**

**Spinach Salad
Sliced Apple**

THURSDAY

**Barbacoa Quesadilla
Salsa and Sour Cream**

**Butternut Squash
Orange**

FRIDAY

**Chicken Parm*
Penne Pasta**

**Rainbow Vegetables
Banana**

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January 2026

IRVINGTON HIGH/MIDDLE SCHOOL WEEKLY LUNCH MENU

January 19-23

MONDAY

School Closed
Martin Luther King Jr. Day

TUESDAY

Cheesy Pasta*
Garlic Breadstick

Steamed Carrots
Banana

WEDNESDAY

Beef Nachos
With Sour Cream and Salsa
Brown Rice

Roasted Broccoli
Banana

THURSDAY

Grilled Cheese
Tomato Soup

Cucumber
Apple

FRIDAY

Chicken Dumplings
Rice

Roasted Zucchini
Apple

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January 2026

IRVINGTON HIGH/MIDDLE SCHOOL WEEKLY LUNCH MENU

January 26-30

MONDAY

Chicken Parm
Pasta
Garlic Bread

Cauliflower
Apple

TUESDAY

Beef Tacos*
Salsa and Sour Cream

Steamed Carrots
Banana

WEDNESDAY

Pulled Pork Cuban Sandwich

Roasted Broccoli
Banana

THURSDAY

Grilled Cheese
Tomato Soup

Cucumber
Apple

FRIDAY

Beef Nachos
Salsa and Sour Cream
Rice

Roasted Zucchini
Orange

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