



# Irvington High School and Middle School Menu



## Breakfast Menu

### Available every day!

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

- \*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

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This Institution is an equal opportunity provider.

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



# Irvington High School and Middle School Menu



## Daily Offerings

### Available every day!

All Lunches Must Include Choice of:  
Fruits and/or Vegetable  
And May Include:  
Choice of Fat Free or 1% Low-Fat Milk with no rBST  
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\* **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

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# January 2026

## IRVINGTON HIGH/MIDDLE SCHOOL WEEKLY LUNCH MENU

January 5-9

### MONDAY

*Meatless Monday*

**Baked Fish Stick  
Mashed Potato**

**Roasted Broccoli  
Apple**

### WEDNESDAY

**Chicken Alfredo Pasta  
Breadstick**

**Apple**

### FRIDAY

**Mac and Cheese\*  
Breadstick**

**Steamed Broccoli  
Watermelon**

### TUESDAY

**Beef Rice Bowl  
Brown Rice**

**Cantaloupe**

### THURSDAY

**Turkey Barbacoa Quesadilla\*  
With Sour Cream and Salsa**

**Baked Sweet Potatoes  
Orange**

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Milk with no rBST or artificial  
hormones

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Gluten Free items are available. Please ask servers to  
identify items.

[Student Lunch Meal \\$4.25](#)

[Adult Lunch](#)

[\\$5.50 \(Includes tax\)](#)

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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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