

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

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.

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.



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
or artificial hormones

All food is free from hydrogenated oils, high fructose corn
syrup, preservatives, and artificial dyes. Grains served are
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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) and Mozzarella
Cheese Stromboli

***WEDNESDAY BBQ** - Beef Burger, Hot Dog, Veggie Burger
w/Toppings

* **SALADS** – Grilled chicken Caesar salad

* Apple, Oranges, Banana, Watermelon, Cantaloupe, Honeydew,
Grapes, Strawberry, Blueberries and Pears

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October 2025

IRVINGTON HIGH/MIDDLE SCHOOL WEEKLY LUNCH MENU

OCT 1-3

MONDAY

**Spaghetti and Meatballs
With Marinara Sauce
Dinner Roll**

Broccoli

TUESDAY

School Closed

WEDNESDAY

**Chicken General Tso's
With Vegetables**

Blueberries

THURSDAY

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

**Baked Sweet Potatoes
Orange**

FRIDAY

**Chicken Parm Melt *
Sandwich**

**Steamed Broccoli
Watermelon**

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Fruits and/or Vegetable
And May Include:
Choice of Fat Free or 1% Low-Fat
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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October 2025

IRVINGTON HIGH/MIDDLE SCHOOL WEEKLY LUNCH MENU

October 6-10

MONDAY

Meatless Monday
Fish Tacos
With Salsa, Sour Cream

Brown Rice & Black Beans
Cantaloupe

TUESDAY

Cheesy Pasta
Breadstick

Roasted Broccoli
Blueberries

WEDNESDAY

Beef Nachos *
Sour Cream and
Salsa

Spinach Salad
Sliced Apple

THURSDAY

Pizza Stick with
Marinara Sauce *

Garbanzo Beans
Strawberries

FRIDAY

Chicken Parm *

Penne Pasta
Rainbow Vegetables
Banana

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October 2025

IRVINGTON HIGH/MIDDLE SCHOOL WEEKLY LUNCH MENU

October 13-17

MONDAY

School Closed

TUESDAY

Breakfast For Lunch
French Toast *
Scrambled Eggs
and Bacon

Steamed Carrots
Honeydew

WEDNESDAY

Chicken Dumpling
Brown Rice

Roasted Broccoli
Banana

THURSDAY

Grilled Cheese
Tomato Soup

Cucumber
Apple

FRIDAY

Nachos Tater Tots*
Topped with Cheddar
Cheese

Roasted Zucchini
Cherry Tomatoes
Fresh Pear

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IRVINGTON HIGH/MIDDLE SCHOOL WEEKLY LUNCH MENU

October 20-24

MONDAY

School Closed

TUESDAY

Beef Nachos
Served with Cheese
Sauce Sour cream

Baked Butternut
Squash

WEDNESDAY

Boneless Chicken
Bowl with Mashed Potato

Corn
Grapes

THURSDAY

Chicken Quesadilla*

Kidney Beans
Carrot

FRIDAY

Mac and Cheese
Breadstick

Side Salad

Pear

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October 2025

IRVINGTON HIGH/MIDDLE SCHOOL WEEKLY LUNCH MENU

October 27-31

MONDAY

**Meatless Monday
Fish Melt
On Flatbread***

**Steamed Broccoli
Orange**

TUESDAY

Beef Rice Bowl

**Kidney Beans
Apple**

WEDNESDAY

**Chicken Alfredo Sauce
Breadstick**

**Carrots
Cantaloupe**

THURSDAY

**Chicken Parm Sandwich
Topped With Mozzarella**

**Green Beans
Orange**

FRIDAY

**Mac and Cheese
Dinner Roll**

**Cauliflower
Grapes**

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