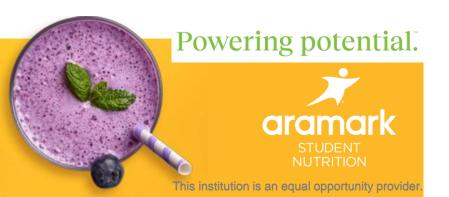


All Breakfast Must Include Choice of:
One Grain, Fruit
And May Include:
Choice of Fat Free or 1% Low-Fat Milk with no rBST
or artificial hormones

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



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

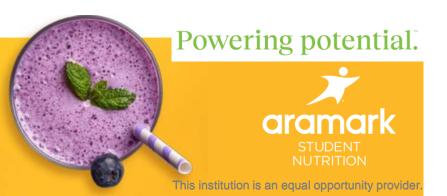
Coffee Station available for High School Students in both Atrium and Cafeteria locations



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

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Irvington High School and Middle School Menu



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
- *<u>DELI STATION</u> Made to Order Sandwiches with Boars Head products. Panini press option for a hot variation.
- *<u>DAILY VEGETABLES</u> -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
- * <u>SALADS</u> Grilled chicken Caesar salad
- * Apple, Oranges, Banana, Watermelon, Cantaloupe, Honeydew, Grapes, Strawberry, Blueberries and Pears



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If you have any Question/Concerns
Special Dietary Needs Please email

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

Student Lunch Meal \$4.25

Adult Lunch

\$5.50 (Includes tax)





October 2025 IRVINGTON HIGH/MIDDLE SCHOOL WEEKLY LUNCH MENU

OCT 1-3

MONDAY

Spaghetti and Meatballs With Marinara Sauce Dinner Roll

Broccoli

WEDNESDAY

Chicken General Tso's With Vegetables

Blueberries

FRIDAY

Chicken Parm Melt *
Sandwich

Steamed Broccoli Watermelon

TUESDAY

School Closed

THURSDAY

Turkey Barbacoa Quesadilla * With Sour Cream and Salsa

Baked Sweet Potatoes
Orange

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





October 2025 IRVINGTON HIGH/MIDDLE SCHOOL WEEKLY LUNCH MENU

October 6-10

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.

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



MONDAY

Meatless Monday
Fish Tacos
With Salsa, Sour Cream

Brown Rice & Black Beans
Cantaloupe

WEDNESDAY

Beef Nachos *
Sour Cream and
Salsa

Spinach Salad Sliced Apple

FRIDAY

Chicken Parm *

Penne Pasta Rainbow Vegetables Banana

TUESDAY

Cheesy Pasta Breadstick

Roasted Broccoli

Blueberries

THURSDAY

Pizza Stick with Marinara Sauce *

Garbanzo Beans Strawberries

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





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

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

Milk with no rBST or artificial hormones

FRIDAY

Nachos Tater Tots*
Topped with Cheddar
Cheese

Roasted Zucchini Cherry Tomatoes Fresh Pear

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Special Dietary Needs Please email

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October 2025

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

Chicken Quesadilla*

Kidney Beans

Carrot

THURSDAY

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**

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

Powering potential.

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WEDNESDAY

Boneless Chicken Bowl with Mashed Potato

Grapes

Corn

FRIDAY

Breadstick

Side Salad

All Lunches <u>Must</u> 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



Mac and Cheese





October 2025

IRVINGTON HIGH/MIDDLE SCHOOL WEEKLY LUNCH MENU

October 27-31

MONDAY

Meatless Monday
Fish Melt
On Flatbread*

Steamed Broccoli
Orange

WEDNESDAY

Chicken Alfredo Sauce Breadstick

Carrots
Cantaloupe

TUESDAY

Beef Rice Bowl

Kidney Beans Apple

THURSDAY

Chicken Parm Sandwich Topped With Mozzarella

Green Beans Orange

FRIDAY

Mac and Cheese Dinner Roll

Cauliflower Grapes

Powering potential.

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STUDENT

NUTRITION

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

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

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