

# Iroquois Lunch Menu Grade 9-12<sup>th</sup>



## May 2022



My Plate  
 Recommends:  
 Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but also are good for you, too.  
 Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.

Menu is subject to change.

All Meals Are Free Through June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chcken Patty w/Cheese On a WG Bun ----- Baked French Fries Fruit	3 Doritos Taco in A Bag Lettuce & Cheese Sour Cream & Salsa ----- Black Beans Corn Fruit	4 Chicken Fingers Sliders (2) ----- Green Beans Fruit	5 <b>Breakfast Pizza For Lunch</b> ----- Maple Glazed Carrots Fruit	6 Mac & Cheese Dinner Roll ----- Broccoli Fruit
9 Chicken Nuggets W/Dipping Sauce Buttered Noodles ----- Baked French Fries Fruit	10 10" Soft Shell Taco w/Lettuce & Cheese Salsa & Sour Cream ----- Corn Fruit	11 Grilled Cheese (1 ½) Sandwiches ----- Carrots Fruit	12 Chicken Parm w/Rotini Pasta and Sauce ----- Broccoli Fruit	13 Cheeseburgers on A WG Bun ----- Baked Beans Fruit
16 Chicken Finger Sub w/Cheese ----- Tator Tots Fruit	17 Tostitos Nacho Grande Sour Cream & Salsa w/Rice ----- Black Beans Corn	18 Baked Goulash Dinner roll ----- Green Beans Fruit	19 <b>Pizza Day</b> Assorted Pizzas ----- Baby Carrots w/Ranch Fruit	20 Mac & Cheese Dinner Roll ----- Broccoli Fruit
23 Chcken Patty w/Cheese On a WG Bun ----- Tator Tots Fruit	24 Chicken Fajita w/Rice ----- Corn Fruit	25 Meatball Subs W/ Melted Mozzarella Cheese ----- Baked Beans Fruit	26 Chicken Nuggets W/Dipping Sauce w/Buttered Noodles ----- Broccoli Fruit	27 Grilled Cheese (1 ½) Sandwiches ----- Green Beans Fruit
	31 Chicken & Cheese Quesidilla w/Rice ----- Corn Black Beans Fruit		We proudly serve apples & milk sourced from NY State 	Interested in working while your child is at school? Part Time Substitute Food Service Workers needed Call 652-3000 ext 7700

**We proudly serve apples & milk  
sourced in NY State.**

**Offered daily With all School Lunches:**  
 Fresh Fruit (served by the piece = 1/2c)  
 Or Prepared Fruit (served by the 1/2c portion)  
 Vegetables (served by the 3/4c portion unless  
 otherwise noted)  
 (Must take 1/2 cup of Fruit or Veggies)  
 (May take 1 cup)  
 Low Fat White or Lowfat Chocolate Milk

**We serve the following Items Daily**  
 PBJ, Julienne Salad, Yogurt Parfaits, Ham or Turkey  
 Sub/Wrap/Sandwich

**Start with a:**

- Vegetable
- Fresh fruit or canned (May take both)
- Choose whole grains
- Pick a lean protein
- Add serving of milk

***Must take at least 3***