

Iroquois Lunch Menu - Grade 9-12

\$2.80 Pre-Pay Full or Reduced Lunches Available Weekly,
Please make checks payable to Iroquois CSD

June 2021



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.

Breakfast Available Daily: Please make breakfast a mandatory part of your day if you are approved for Free or Reduced Lunch; you are automatically approved for Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Taco in a bag Salsa & Sour Cream ----- Corn Fruit	2 Breaded Pork Chop ----- Carrots Fruit	3 Chicken fajitas Rice ----- Corn Fruit	4 Buffalo Chicken Mac and Cheese Dinner roll ----- Broccoli
7 Chicken Patty On a WG Bun ----- Fries Fruit	8 Nacho Grande ----- Corn Fruit	9 BBQ Baked Chicken ----- Broccoli Fruit	10 Chicken Tenders ----- Tator Tots Fruit	11 Italian Sausage On a WG Bun W/Peppers & Onions ----- Vegetable Fruit
14 Cook's Choice	15 Cook's Choice	16	17	18
21	22	23	24	25
			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

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Offered daily with all Lunches:

Fresh Fruit (served by the piece = 1/2c)

Or Prepared Fruit (served in 1/2c portion)

Vegetables (served by the 1/2c portion)

(Must take 1/2 cup of Fruit or Veggies)

(May take 1 cup)

Low Fat White or Low-fat Chocolate Milk

We serve the following Items Daily

PBJ, Julienne Salad, Yogurt Parfaits, Ham or

Turkey Sub/Wrap

Cheese or Pepperoni Pizza

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