

Iroquois Lunch 9-12th grades


June 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
		1 Chicken Fingers ----- Green Beans Fruit	2 Grilled cheese Sandwiches ----- Peas	3 Chcken Patty w/Cheese On a WG Bun ----- Tator tots Fruit
6 Chicken Nuggets W/Dipping Sauce ----- Baked French Fries Fruit	7 Doritos Taco in A Bag Lettuce & Cheese Sour Cream & Salsa ----- Black Beans Corn Fruit	8 Grilled Ham & Cheese ----- Carrots Fruit	9 Baked Chicken Dinner roll ----- Broccoli Fruit	10 Chcken Patty w/Cheese On a WG Bun ----- Green 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

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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

- 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***