

Iroquois Lunch Menu 5-8th Grades



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 ----- Green Beans Fruit	5 Breakfast Pizza For Lunch ----- Maple Glazed Carrots Fruit	6 Mac & Cheese Dinner Roll ----- Broccoli Fruit
9 Chicken Nuggets W/Dipping Sauce ----- Baked French Fries Fruit	10 Soft Shell Taco w/Lettuce & Cheese Salsa & Sour Cream ----- Corn Fruit	11 Grilled Cheese 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 Subs w/Cheese ----- Tator Tots Fruit	17 Tostitos Nacho Grande Sour Cream & Salsa ----- Black Beans Corn	18 Baked Goulash Dinner roll ----- Green Beans Fruit	19 Pizza Day 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 ----- Corn Fruit	25 Meatball Subs W/ Melted Mozzarella Cheese ----- Baked Beans Fruit	26 Chicken Nuggets W/Dipping Sauce ----- Broccoli Fruit	27 Grilled Cheese Sandwiches ----- Green Beans Fruit
	31 Chicken & Cheese Quesidilla ----- 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**

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