

Iroquois Lunch Menu - Grade 5-8

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

June 2021



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

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/>.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Taco in a bag Salsa & Sour Cream ----- Corn Fruit	2 Breaded Pork Chop ----- Carrots Fruit	3 Chicken & Cheese Wrap ----- Green beans Fruit	4 Mac & Cheese Dinner roll ----- Broccoli
7 Chicken Patty On a WG Bun ----- Fries Fruit	8 Nacho Grande ----- Corn Fruit	9 BBQ Baked Chicken ----- Vegetable Fruit	10 Chicken Tenders ----- Vegetable Fruit	11 Italian Sausage On a WG Bun ----- Vegetable Fruit
14 Cook's Choice	15 Cook's Choice	16 Cook's Choice		
			Interested in working while your child is at school? Substitute Food Service Workers needed Call 652-3000 ext 7700	We proudly serve apples & milk sourced from NY State 

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 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 Lowfat Chocolate Milk*

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

Cheese or Pepperoni Pizza

Tuesday & Friday- Burgers

Thursday - Chicken Finger Wraps

Monday & Wednesday - Nacho Grande

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