

Iroquois Lunch Menu 5-8th 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 Cheese Sandwiches ----- Carrots Fruit	9 Mac and Cheese Dinner roll ----- Broccoli Fruit	10 Chcken Patty w/Cheese On a WG Bun ----- Green beans Fruit
13 Cook's choice	14 Cook's Choice	15 Cook's choice	16 No Lunch	17 No Lunch
20 No school	21 No Lunch	22 No lunch		
			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