

Iroquois Primary Lunch Menu

Grade K-4 \$2.55 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 Park Chops ----- Carrots Fruit	3 Cheeseburgers ----- Green Beans Fruit	4 Early Release
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 Chicken Patty On A WG Bun ----- Fries Fruit	15 Cook's Choice	16 Cook's Choice	17 No Lunch	18 No School
21 Cook's Choice	22 Cook's Choice	23 Cook's Choice		
			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 from NY State 

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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