



IRVINGTON

— HIGH SCHOOL & MIDDLE SCHOOL —

OCTOBER 2026

LUNCH MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 Oct 1 - 2		FUEL YOUR DAY. BUILD YOUR FUTURE		Mediterranean Chicken Bowl w/ Brown Rice Baked Falafel ----- Cucumber & Feta Salad Banana	Meatball Sub w/ Creamy Pesto Provolone Garlic Green Beans ----- Banana Pineapple
WEEK 2 Oct 5 – 9	Cheese Tortellini w/ Spinach Alfredo Sauce Roasted Tomatoes ----- Oranges Apples	Boneless Chicken Wing Bar Herbed Zucchini Rainbow Bell Peppers ----- Orange Apple	Outdoor BBQ (Weather Permitting) Burgers & Hot Dogs Waffle Fries Green Beans Cantaloupe Pineapple	Butter Chicken Brown Rice Ginger Garlic Broccoli ----- Honey Dew Banana	Beef Taco Bowl Cilantro Lime Rice Chipotle Crema Black Bean Salad ----- Honey Dew Blueberries
WEEK 3 Oct 12 - 16	INDIGENOUS PEOPLE’S DAY NO CLASSES	Baked Ziti & Ricotta w. Ground Turkey Green Salad ----- Apple Pineapple	Outdoor BBQ (Weather Permitting) Burgers & Hot Dogs Spiral Fries Roasted Cauliflower Cantaloupe Honey Dew	Pulled Pork Sandwich Green Chili Mac & Cheese Herbed Zucchini ----- Pears Banana	Teriyaki Chicken Bowl Yakisoba Noodles Mixed Rainbow Vegetables ----- Orange Cantaloupe
WEEK 4 Oct 19 - 23	Cheese Ravioli w/ Creamy Tomato & Basil Sauce Parmesan Cauliflower ----- Pineapple Banana	Turkey Meatloaf Green Beans Roasted Sweet Potato ----- Pears Apple	Rosemary Chicken Garlic Potatoes Roasted Carrots ----- Banana Apple	Nacho Bar Pico de Gallo Roasted Plantains Pinto Beans ----- Blueberries Pineapple	Chicken Broccoli Ziti Herbed Green Beans Roasted Butternut ----- Cantaloupe Pineapple
WEEK 5 Oct 26 - 30	Lemon Chicken Pasta w/ Peas Roasted Herbed Carrots ----- Pears Oranges	Beef Taco Bowl Cilantro Lime Rice Chipotle Crema Black Bean Salad ----- Banana Blueberries	Chicken Bacon Ranch Sliders White Bean Salad Roasted Peppers ----- Orange Apple	Verde Chili Pork Stew Brown Rice Sweet Plantains ----- White Bean Salad Honey Dew	Rigatoni Bolognese Caesar Salad Herbed Peas & Carrots ----- Orange Apple

EVERY LUNCH INCLUDES

♦ Entrée
♦ Fresh Fruit
♦ Vegetable
♦ Whole Grain
♦ Choice of Milk
Fat Free White, 1% White, or Chocolate

OUR COMMITMENT

✓ All snacks and salad dressings are FREE from Hydrogenated Oils, High Fructose Corn Syrup, Preservatives, Artificial Ingredients & Trans Fat.

✓ Milk is antibiotic and hormone free.

✓ Local produce used throughout the month when available from local NJ/NY Farms.

SPECIAL DIETARY NEEDS

A Gluten Free Meal is available with 1 day notification.

If you have any questions/concerns regarding this menu or there are special dietary needs, please email luis.lucas@irvingtonschools.org

UNIVERSAL MEALS

Complete meal is \$0.

Adult Meal Price is \$7 including tax

[Click here to see the snack menu and other offerings.](#)

BREAKFAST – EVERY DAY 7:30-9:30am

- Bacon, Egg & Cheese or Meatless EC
- WG French Toast Sticks
- Omelet Station – Made to order!
- Yogurt Parfait
- Bagel & Cheese Sticks
- Daily Fruits & Vegetables
- Baked Goods
- Coffee & Tea Bar

LUNCH – AVAILABLE EVERY DAY

- Stir Fry Action Station
- Smoothies, Juices & Acai Bowls
- Deli Station – Made to order sandwiches and paninis
- Salad Bar
- Gourmet Pizza
- Grab n Go Station
- Daily Fruits & Vegetables
- Wednesday BBQs (weather permitting)

Ala carte and snack items require funds on account through MySchoolBucks or cash. One lunch and one breakfast meal per day is free!