



# Ironton City Schools

IES Menu: Grades K - 5

(Menu Subject to Change)



## MARCH 2020

<b>Breakfast:</b> <b>2</b> <ul style="list-style-type: none"><li>• Super Bun</li></ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Corn Dog or PBJ</li><li>• Potato Wedge</li><li>• Carrots</li><li>• Celery</li><li>• Tropical Fruit</li></ul>	<b>Breakfast:</b> <b>3</b> <ul style="list-style-type: none"><li>• Yogurt &amp; Graham Crackers</li></ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Hoagie w/ Bun or Ham Sandwich</li><li>• Mac &amp; Cheese</li><li>• Peas</li><li>• Peach Cup</li></ul>	<b>Breakfast:</b> <b>4</b> <ul style="list-style-type: none"><li>• Super Donut</li></ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Chicken Strips or PBJ</li><li>• Mashed Potatoes</li><li>• Broccoli</li><li>• Sidekick</li></ul>	<b>Breakfast:</b> <b>5</b> <ul style="list-style-type: none"><li>• Breakfast Wrap</li></ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Pulled Pork or Pizza</li><li>• Cole Slaw</li><li>• Baked Beans</li><li>• Apple Crisp</li></ul>	<b>Breakfast:</b> <b>6</b> <ul style="list-style-type: none"><li>• Sausage Biscuit</li></ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Pizza Breadstick or Fish</li><li>• Corn</li><li>• Salad</li><li>• Mixed Fruit</li></ul>
<b>Breakfast:</b> <b>9</b> <ul style="list-style-type: none"><li>• Mini Pancakes</li></ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Hot Pocket or PBJ</li><li>• Fresh Broccoli</li><li>• French Fries</li><li>• Mandarin Oranges</li></ul>	<b>Breakfast:</b> <b>10</b> <ul style="list-style-type: none"><li>• Chicken Biscuit</li></ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Chili and 1/2 PBJ or Pizza</li><li>• V-Blend Juice</li><li>• Triange Patty</li><li>• Pineapple</li></ul>	<b>Breakfast:</b> <b>11</b> <ul style="list-style-type: none"><li>• Mini Donuts</li></ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Salisbury Steak or Chicken Sandwich</li><li>• Mashed Potatoes</li><li>• Green Beans</li><li>• Mixed Berry Cups</li></ul>	<b>Breakfast:</b> <b>12</b> <ul style="list-style-type: none"><li>• Cinnamon Roll</li></ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Taco w/ Cheese &amp; Lettuce or Mexican Pizza</li><li>• Corn</li><li>• Mexican Rice</li><li>• Tropical Fruit</li></ul>	<b>Breakfast:</b> <b>13</b> <ul style="list-style-type: none"><li>• Biscuit w/ Gravy</li></ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Round Pizza or PBJ or Fish Sandwich</li><li>• Carrots</li><li>• Salad</li><li>• Craisins</li></ul>
<b>Breakfast:</b> <b>16</b> <ul style="list-style-type: none"><li>• Super Bun</li></ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Chicken Fajita w/ Cheese &amp; Lettuce or Chicken Quesadilla</li><li>• Refried Beans</li><li>• Chips &amp; Salsa</li><li>• Fresh Fruit</li></ul>	<b>17</b> <p style="text-align: center;"><b>NO SCHOOL</b></p>	<b>Breakfast:</b> <b>18</b> <ul style="list-style-type: none"><li>• French Toast</li></ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Popcorn Chicken or PBJ</li><li>• Mashed Potatoes</li><li>• Broccoli</li><li>• Strawberry Cup</li></ul>	<b>Breakfast:</b> <b>19</b> <ul style="list-style-type: none"><li>• Muffin</li></ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Grilled Cheese or Turkey Sandwich</li><li>• Ravioli</li><li>• Baked Chips</li><li>• Peach</li></ul>	<b>Breakfast:</b> <b>20</b> <ul style="list-style-type: none"><li>• Sausage Biscuit</li></ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Calzone or Fish or PBJ</li><li>• Corn</li><li>• Salad</li><li>• Fruit Jello</li></ul>
<b>Breakfast:</b> <b>23</b> <ul style="list-style-type: none"><li>• Breakfast Wrap</li></ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Taco w/ Cheese &amp; Lettuce or Mexican Pizza</li><li>• Chips &amp; Salsa</li><li>• Refried Beans</li><li>• Pineapple</li></ul>	<b>Breakfast:</b> <b>24</b> <ul style="list-style-type: none"><li>• Breakfast Pizza</li></ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Chicken Nuggets or PBJ</li><li>• Fresh Broccoli</li><li>• Seasoned Wedges</li><li>• Applesauce</li></ul>	<b>Breakfast:</b> <b>25</b> <ul style="list-style-type: none"><li>• Pop Tarts</li></ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Salisbury Steak or Pizza</li><li>• Mashed Potatoes</li><li>• Peas</li><li>• Sidekick</li></ul>	<b>Breakfast:</b> <b>26</b> <ul style="list-style-type: none"><li>• Bosco Stick</li></ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Hamburger or Baked Cheese Sticks</li><li>• Triange Patty</li><li>• V-Blend Juice</li><li>• Strawberry Yogurt</li></ul>	<b>Breakfast:</b> <b>27</b> <ul style="list-style-type: none"><li>• Biscuit w/ Gravy</li></ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Pizza Wedge or PBJ</li><li>• Corn</li><li>• Salad</li><li>• Applesauce</li></ul>
<b>Breakfast:</b> <b>30</b> <ul style="list-style-type: none"><li>• Mini Pancakes</li></ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Chicken Quesadilla or PBJ</li><li>• Chips &amp; Cheese</li><li>• Refried Beans</li><li>• Mandarin Oranges</li></ul>	<b>Breakfast:</b> <b>31</b> <ul style="list-style-type: none"><li>• Chicken Biscuit</li></ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Popcorn Chicken or Turkey Sandwich</li><li>• Fries</li><li>• Carrots</li><li>• Fruit Cup</li></ul>	<p><i>Breakfast is served with fruit, juice, and milk daily.</i></p> <p><i>Lunch is served with milk daily.</i></p> <p><i>No Fried Foods</i></p> <p><i>Bread Products - Whole Grain</i></p> <p><i>Chocolate Milk - Fat Free</i></p> <p><i>White Milk - 1%</i></p> <p>Prices:        Adult Breakfast - \$2.00        Adult Lunch - \$3.75        Student Meals - Free</p> <p>USDA is an equal opportunity provider and employer.</p>		

