



Ironton City Schools

IES Menu: Grades K - 5

(Menu Subject to Change)

OCTOBER 2020



Prices:
Student Meals - Free

USDA is an equal
opportunity provider
and employer.

*Breakfast is served
with fruit, juice, and
milk daily.*

*Lunch is served with
milk daily.*



*No Fried Foods
Bread Products -
Whole Grain
Chocolate Milk - Fat
Free
White Milk - 1%*

Breakfast: **1**
• Nutri-Grain Bar w/
Goldfish Crackers

Lunch:
• Hot Dog w/ Sauce
• Fresh Carrots
• Wedges
• Fruit Cup

Breakfast: **2**
• Rice Krispie Bar
w/ Go-Gurt

Lunch:
• Pizza Jammers
• Corn
• Romaine Salad
• Orange

Breakfast: **5**

• Muffins
Lunch:
• Mini Corn Dogs
• Fries
• Fresh Broccoli
• Peaches

Breakfast: **6**

• Pancake Wrap
Lunch:
• Mexican Pizza
• Refried Beans
• Mexican Rice
• Mandarin Oranges

Breakfast: **7**

• Cinnamon Toast
Soft Bar
Lunch:
• BBQ Rib Sandwich
• Wedge
• California Blend
• Fresh Fruit

Breakfast: **8**

• Breakfast Pizza
Lunch:
• Chicken Strips
• Scooby Snacks
• Green Beans
• Mashed Potatoes
• Diced Pears

Breakfast: **9**

• Mini Pancakes
Lunch:
• Stuffed Crust Pizza
• Lettuce Salad
• Corn
• Craisins

Breakfast: **12**

• Mini Chocolate
Donuts
Lunch:
• Hamburger
• Spiral Fries
• Baked Beans
• Fresh Fruit

Breakfast: **13**

• Pop Tarts
Lunch:
• Chicken Quesadilla
• Corn
• Salsa & Chips
• Pears

Breakfast: **14**

• Dunkin Stick
Lunch:
• Hot Ham & Cheese
Pocket
• Steamed Broccoli
• Pasta Salad
• Apple Slice

Breakfast: **15**

• Blueberry Bread
Lunch:
• Meatloaf
• Green Beans
• Mashed Potatoes w/
Gravy
• Roll

Breakfast: **16**

• Mini Pancakes
Lunch:
• Pizza Wedge
• Baked Chips
• Normandy Blend
• Pineapple

Breakfast: **19**

• Breakfast Bun
Lunch:
• Fish Sandwich
• Fries
• Peas
• Fresh Fruit

Breakfast: **20**

• Choc. Chip Muffins
Lunch:
• Chili
• Peanut Butter
Sandwich
• Fritos
• Triangle Patty
• Apple Slice

Breakfast: **21**

• Goody Ring Donut
Lunch:
• Chicken Enchilada
• Corn
• Chips & Cheese
• Strawberry Cup

Breakfast: **22**

• Yogurt w/ Goldfish
Crackers
Lunch:
• Chicken Leg
• Mashed Potatoes
• Green Beans
• Mixed Berries

Breakfast: **23**

• Apple Strudel
Lunch:
• Pepperoni Pizza
• Spinach Salad
• Tiger Fries
• Fruit Cup

Breakfast: **26**

• Super Donut
Lunch:
• Grilled Cheese
• Ravioli
• Triangle Patty
• Apple Slice

Breakfast: **27**

• Oatmeal Bar
Lunch:
• Baked Cheese Stick
• California Blend
• Baked Chips
• Fruit Cup

Breakfast: **28**

• Bagel w/ Cream
Cheese
Lunch:
• Sloppy Joe
• Fries
• Snap Peas
• Fruit Cup

Breakfast: **29**

• Super Stix
Lunch:
• Chicken Nuggets
• Mashed Potatoes
• Green Beans
• Sidekick

Breakfast: **30**

• Mini French Toast
Lunch:
• Pizza
• Corn
• Salad
• Fruit Cup