



Ironton City Schools

IHS Menu: Grades 9 - 12

(Menu Subject to Change)



MARCH 2020

Breakfast: 2 <ul style="list-style-type: none">• Pop Tarts Lunch: <ul style="list-style-type: none">• Chicken Sandwich• Hash Browns• Broccoli & Cheese• Fruit	Breakfast: 3 <ul style="list-style-type: none">• Cereal Lunch: <ul style="list-style-type: none">• Soft Taco w/ Lettuce & Cheese• Refried Beans• Corn• Fruit	Breakfast: 4 <ul style="list-style-type: none">• Mini Pancakes Lunch: <ul style="list-style-type: none">• Salisbury Steak• Mashed Potatoes• Peas• Fruit	Breakfast: 5 <ul style="list-style-type: none">• Super Donut Lunch: <ul style="list-style-type: none">• Corn Dog• Baked Beans• Salad Mix• Fruit	Breakfast: 6 <ul style="list-style-type: none">• Biscuit w/ Gravy Lunch: <ul style="list-style-type: none">• Round Pizza or Fish Sandwich• Seasoned Fries• Fresh Carrots w/ Dip• Fruit
Breakfast: 9 <ul style="list-style-type: none">• Cereal Bar Lunch: <ul style="list-style-type: none">• Popcorn Chicken• Scalloped Potatoes• Peas• Fruit	Breakfast: 10 <ul style="list-style-type: none">• Donut Holes Lunch: <ul style="list-style-type: none">• Burrito w/ Cheese• Chips & Salsa• Corn• Fruit	Breakfast: 11 <ul style="list-style-type: none">• Breakfast on a Stick Lunch: <ul style="list-style-type: none">• Chicken Strips• Mashed Potatoes w/ Gravy• Green Beans• Fruit	Breakfast: 12 <ul style="list-style-type: none">• Cereal Lunch: <ul style="list-style-type: none">• Chili w/ Peanut Butter Sandwich• Fritos• Triangle Patty• Fruit	Breakfast: 13 <ul style="list-style-type: none">• Biscuit w/ Gravy Lunch: <ul style="list-style-type: none">• Tuna Casserole or Fish Sandwich• Potatoes Wedges• Broccoli• Fruit
Breakfast: 16 <ul style="list-style-type: none">• Pop Tarts Lunch: <ul style="list-style-type: none">• Calzone• Triangle Patty• Peas• Fruit	17 <p style="text-align: center;">NO SCHOOL</p>	Breakfast: 18 <ul style="list-style-type: none">• Mini Pancakes Lunch: <ul style="list-style-type: none">• Meatballs• Mashed Potatoes w/ Gravy• Green Beans• Fruit	Breakfast: 19 <ul style="list-style-type: none">• Super Donut Lunch: <ul style="list-style-type: none">• BBQ Rib Sandwich• Fries• Slaw• Fruit	Breakfast: 20 <ul style="list-style-type: none">• Biscuit w/ Gravy Lunch: <ul style="list-style-type: none">• French Bread Pizza or Fish Sandwich• Lettuce Salad• Corn• Fruit
Breakfast: 23 <ul style="list-style-type: none">• Cereal Lunch: <ul style="list-style-type: none">• Hot Dog w/ Sauce• Triangle Patty• Baked Beans• Fruit	Breakfast: 24 <ul style="list-style-type: none">• Nutritional Bar Lunch: <ul style="list-style-type: none">• Asian Chicken• Fried Rice• Spinach Salad• Fruit	Breakfast: 25 <ul style="list-style-type: none">• Mini Waffles Lunch: <ul style="list-style-type: none">• Popcorn Chicken• Mashed Potatoes w/ Gravy• Green Beans• Fruit	Breakfast: 26 <ul style="list-style-type: none">• Bagel w/ Cream Cheese Lunch: <ul style="list-style-type: none">• Grilled Cheese• Tomato Soup• Lettuce Salad• Fruit	Breakfast: 27 <ul style="list-style-type: none">• Biscuit w/ Gravy Lunch: <ul style="list-style-type: none">• Pizza Jammers w/ Pizza Sauce or Fish Sandwich• Waffle Fries• Mixed Vegetables• Fruit
Breakfast: 30 <ul style="list-style-type: none">• Breakfast on a Stick Lunch: <ul style="list-style-type: none">• Cheeseburger• Seasoned Fries• Lettuce Mix• Fruit	Breakfast: 31 <ul style="list-style-type: none">• Breakfast Pizza Lunch: <ul style="list-style-type: none">• Beefy Nachos• Corn• Refried Beans• Fruit	<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>		