



# Ironton City Schools

IHS Menu: Grades 9 - 12

(Menu Subject to Change)

## DECEMBER 2020



	<b>Breakfast:</b> <ul style="list-style-type: none"><li>• Cook's Choice</li> </ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Cook's Choice</li> </ul>	<b>1</b>	<b>Breakfast:</b> <ul style="list-style-type: none"><li>• Cook's Choice</li> </ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Cook's Choice</li> </ul>	<b>2</b>	<b>Breakfast:</b> <ul style="list-style-type: none"><li>• Donut Holes</li> </ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Salisbury Steak or Meatballs</li><li>• Mashed Potatoes w/ Gravy</li><li>• Corn</li><li>• Bread</li> </ul>	<b>3</b>	<b>Breakfast:</b> <ul style="list-style-type: none"><li>• Biscuit &amp; Gravy</li> </ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Round Pizza or Tiger Burger</li><li>• Triangle Potato</li><li>• Broccoli w/ Cheese</li><li>• V8 Fusion</li> </ul>	<b>4</b>	
<b>Breakfast:</b> <ul style="list-style-type: none"><li>• Muffins</li> </ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Bosco Sticks or Pepperoni Pizza</li><li>• Marinara Sauce</li><li>• Glazed Carrots</li><li>• Baked Chips</li> </ul>	<b>7</b>	<b>Breakfast:</b> <ul style="list-style-type: none"><li>• French Toast Sticks</li> </ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Asian Chicken or Chicken Strips</li><li>• Egg Roll</li><li>• Vegetable Rice</li><li>• Fortune Cookie</li> </ul>	<b>8</b>	<b>Breakfast:</b> <ul style="list-style-type: none"><li>• Sausage Biscuit</li> </ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Hot Dog w/ Sauce or French Bread Pizza</li><li>• French Fries</li><li>• Baked Beans</li> </ul>	<b>9</b>	<b>Breakfast:</b> <ul style="list-style-type: none"><li>• Super Donut</li> </ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Meatloaf or Cheese Steak Sandwich</li><li>• Mashed Potatoes w/ Gravy</li><li>• Green Beans</li><li>• Bread</li> </ul>	<b>10</b>	<b>Breakfast:</b> <ul style="list-style-type: none"><li>• Biscuit &amp; Gravy</li> </ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Regular or Spicy Chicken Strips</li><li>• Spinach Salad</li><li>• Hash Brown</li><li>• V8 Fusion</li> </ul>	<b>11</b>
<b>Breakfast:</b> <ul style="list-style-type: none"><li>• Mini Donuts</li> </ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Corn Dog or Chicken Sandwich</li><li>• Potato Rounds</li><li>• Cheese Stick</li><li>• California Blend</li> </ul>	<b>14</b>	<b>Breakfast:</b> <ul style="list-style-type: none"><li>• Bagel w/ Cream Cheese</li> </ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Chili w/ Crackers</li><li>• PB Sandwich</li><li>• Carrot Sticks w/ Dip</li><li>• Cookie</li> </ul>	<b>15</b>	<b>Breakfast:</b> <ul style="list-style-type: none"><li>• Nutri-Grain Bar &amp; Yogurt</li> </ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Taco Burger or Chicken Enchilada</li><li>• Chips &amp; Salsa</li><li>• Corn</li><li>• Broccoli w/ Cheese</li> </ul>	<b>16</b>	<b>Breakfast:</b> <ul style="list-style-type: none"><li>• Super Donut</li> </ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Turkey &amp; Dressing</li><li>• Mashed Potatoes w/ Gravy</li><li>• Green Beans</li><li>• Cupcake</li> </ul>	<b>17</b>	<b>Breakfast:</b> <ul style="list-style-type: none"><li>• Biscuit &amp; Gravy</li> </ul> <b>Lunch:</b> <ul style="list-style-type: none"><li>• Bosco Sticks or Hamburger</li><li>• Marinara Sauce</li><li>• Seasoned Potato Wedges</li><li>• Salad &amp; V8 Fusion</li> </ul>	<b>18</b>

### CHRISTMAS BREAK BEGINS MONDAY, DECEMBER 21.

### SCHOOL RESUMES ON MONDAY, JANUARY 4.

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%