



Ironton City Schools

IHS Menu: Grades 9 - 12

(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. Pizza will be
offered daily as a
choice for main entree.*

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

Breakfast: **1**

- Blueberry Muffins

Lunch:

- Grilled Cheese
- Tomato Soup
- Chips
- Fruit

Breakfast: **2**

- Biscuit w/ Gravy

Lunch:

- Round Pizza
- Salad
- Corn
- Sidekick

Breakfast: **5**

- Cereal Bar w/
Yogurt

Lunch:

- Chicken Quesadilla
- Chips & Salsa
- Fresh Broccoli w/ Dip
- Fruit

Breakfast: **6**

- French Toast

Lunch:

- Fish Sandwich
- Mac & Cheese
- Peas
- Fruit

Breakfast: **7**

- Pop Tarts

Lunch:

- Hamburger
- French Fries
- Glazed Carrots
- Fruit

Breakfast: **8**

- Super Donut

Lunch:

- Chicken Strips
- Mashed Potatoes w/
Gravy
- Green Beans
- Fruit

Breakfast: **9**

- Biscuit w/ Gravy

Lunch:

- French Bread Pizza
- Salad
- Corn
- Sidekick

Breakfast: **12**

- Cereal w/ Graham
Crackers

Lunch:

- Chicken Sandwich
- Triangle Potato
- Corn
- Fruit

Breakfast: **13**

- Mini Pancakes

Lunch:

- Beefy Nachos
- Refried Beans
- Carrot Sticks
- Fruit

Breakfast: **14**

- Bagel w/ Cream
Cheese

Lunch:

- Corn Dog
- Baked Beans
- Celery Sticks w/ Dip
- Fruit

Breakfast: **15**

- Chocolate Donut

Lunch:

- Salisbury Steak
- Mashed Potatoes w/
Gravy
- Green Beans
- Fruit

Breakfast: **16**

- Biscuit w/ Gravy

Lunch:

- Bosco Sticks w/
Marinara Sauce
- Broccoli & Dip
- Chips
- Sidekick

Breakfast: **19**

- Pop Tarts

Lunch:

- Hamburger
- French Fries
- Glazed Carrots
- Fruit

Breakfast: **20**

- Breakfast on a
Stick

Lunch:

- Spaghetti
- Breadstick
- Salad
- Green Beans
- Fruit

Breakfast: **21**

- Breakfast Pizza

Lunch:

- Burrito w/ Cheese
- Chips & Salsa
- Corn
- Fruit

Breakfast: **22**

- Cinnamon Roll

Lunch:

- Chicken Strips
- Mashed Potatoes w/
Gravy
- Broccoli
- Sidekick

Breakfast: **23**

- Biscuit w/ Gravy

Lunch:

- Pizza
- Salad
- Baked Chips
- Fruit

Breakfast: **26**

- Choc. Chip Muffin

Lunch:

- Chicken Sandwich
- Baked Beans
- Chips
- Apple Slices

Breakfast: **27**

- Cereal w/ Graham
Crackers

Lunch:

- Chili & Fritos
- PB Sandwich
- Triangle Potato
- Fruit

Breakfast: **28**

- Mini Waffles

Lunch:

- Chicken Quesadilla
- Chips & Salsa
- Broccoli & Dip
- Fruit

Breakfast: **29**

- Super Donut

Lunch:

- Salisbury Steak
- Mashed Potatoes w/
Gravy
- Green Beans
- Fruit

Breakfast: **30**

- Donut Holes

Lunch:

- Calzone
- Spinach Salad
- Sun Chips
- Sidekick