



# Ironton City Schools

IMS Menu: Grades 6 - 8

(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**  
• 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