

IRONTON CITY SCHOOLS 6-8

LUNCH MENU

SEPTEMBER 2019

Mon

Tue

Wed

Thu

Fri

<p>2. NO SCHOOL</p>	<p>3. CHICKEN FAJITA 3 OZ CHEESE / LETTUCE 2 OZ TORTILLA CHIPS 4 OZ SALSA 1/2 CUP FRUIT 1/2 CUP MILK 1 CUP</p>	<p>4. CHICKEN & NOODLES 1/2 CUP MASHED POTATOES 1/2 CUP PEAS 3/4 CUP BREAD FRUIT 1/2 CUP MILK 1 CUP</p>	<p>5. SLOPPY JOE 3 OZ TRIANGLE POTATO 4.5 OZ CHEESE STICK 1 OZ BAKED BEANS 3/4 CUP FRUIT 1/2 CUP MILK 1 CUP</p>	<p>6. PIZZA WEDGE 4.50 OZ SALAD BLEND 1/2/ CUP CORN 1/2 CUP FRUIT 1/2 CUP MILK 1 CUP</p>
<p>9. BEEFY NACHOS 4 OZ MEXICAN RICE 4 OZ REFRIED BEANS 4 OZ FRUIT 1/2 CUP MILK 1 CUP</p>	<p>10. CHICKEN SANDWICH 3OZ BAKED BEANS 1/2 CUP BROCCOLI & CHEESE 3/4CUP FRUIT 1/2 CUP MILK 1 CUP</p>	<p>11. SALISBURY STEAK 3 OZ MASHED POTATOES 1/2 CUP GREEN BEANS 1/2 CUP FRUIT 1/2 CUP MILK 1 CUP</p>	<p>12. BEEF HOAGIE 4 OZ BABY CARROTS 4 OZ DIP 1 OZ FRENCH FRIES 4 OZ FRUIT 1/2 CUP MILK 1 CUP</p>	<p>13. ROUND PIZZA 4.56 OR CORN 1/2 CUP TRIANGLE POTATO 4.5 OZ FRUIT 1/2/ CUP MILK 1 CUP</p>
<p>16. MINI CORN DOGS 4.OZ BAKED CHIPS 1 OZ CARROTS 1/2 CUP FRUIT 1/2 CUP MILK 1 CUP</p>	<p>17. FISH STICK 3 OZ PEAS 1/2 CUP MAC & CHEESE 1/2 CUP FRUIT 1/2 CUP MILK 1 CUP</p>	<p>18. COUNTRY FRIED STEAK DIPPERS 3 OZ MASHED POTATOES 1/2 CUP BROCCOLI /CHEESE 3/4 CUP FRUIT 1/2 CUP MILK 1 CUP</p>	<p>19. CHEESEBURGER 3 OZ FRENCH FRIES 4 OZ BAKED BEANS 1/2 CUP FRUIT 1/2 CUP MILK 1 CUP</p>	<p>20. PIZZA JAMMERS 3 OZ PIZZA SAUCE 1/4 CUP LETTUCE SALAD 1/2 CUP CORN 3/4 CUP FRUIT 1/2 CUP MILK 1 CUP</p>
<p>23. CHICKEN FRIES 3 OZ POTATO WEDGES 4 OZ FRESH BROCCOLI 3/4 CUP FRUIT 1/2 CUP MILK 1 CUP</p>	<p>24. SPAGHETTI 4 OZ LETTUCE SALAD 1/2 CUP GREEN BEANS 3/4 CUP GARLIC BREAD 2 OZ FRUIT 1/2 CUP MILK 1 CUP</p>	<p>25. SALISBURY STEAK 3 OZ MASHED POTATOES 1/2 CUP PEAS 3/4 CUP FRUIT 1/2 CUP MILK 1 CUP</p>	<p>26. TACO 3 OZ LETTUCE/ CHEESE 2 OZ REFRIED BEANS 3/4 CUP CHIPS & CHEESE 4 OZ FRUIT 1/2 CUP MILK 1 CUP</p>	<p>27. PIZZA 4.56 TRIANGLE POTATO 4.5 OZ CORN FRUIT 1/2 CUP MILK 1 CUP</p>
<p>30. CHILI 4 OZ 1/2 PEANUT BUTTER SANDWICH 2 OZ FRITOS 1 OZ FRUIT 1/2 CUP MILK 1 CUP CHEESE STICK 1 OZ</p>	<p>PIZZA 4.56 OZ OR TURKEY , HAM OR PEANUT BUTTER SANDWICH OFERED DAILY IN PLACE OF ENTRÉE</p>		<p>This INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</p>	<p>ALL BREAD PRODUCTS ARE WHOLE GRAIN CHOCOLATE MILK-FAT FREE WHITE MILK- 1%</p>