

**IRONTON CITY SCHOOLS K-5**

**LUNCH MENU**

**SEPTEMBER 2019**

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<b>2. NO SCHOOL</b>	<b>3. CHICKEN FAJITA 3 OZ OR HAM SANDWICH 3 OZ CHEESE / LETTUCE 2 OZ TORTILLA CHIPS 4 OZ SALSA 1/2 CUP FRUIT 1/2 CUP MILK 1 CUP</b>	<b>4. CHICKEN &amp; NOODLES 1/2 CUP OR TURKEY SANDWICH 3 OZ MASHED POTATOES 1/2 CUP PEAS 3/4 CUP BREAD FRUIT 1/2 CUP MILK 1 CUP</b>	<b>5. SLOPPY JOE 3 OZ OR PIZZA 4.56 OZ TRIANGLE POTATO 4.5 OZ CHEESE STICK 1 OZ BAKED BEANS 3/4 CUP FRUIT 1/2 CUP MILK 1 CUP</b>	<b>6. PIZZA WEDGE 4.50 OZ PEANUT BUTTER &amp; JELLY 2.6 OZ SALAD BLEND 1/2/ CUP CORN 1/2 CUP FRUIT 1/2 CUP MILK 1 CUP</b>
<b>9. BEEFY NACHOS 4 OZ OR PEANUT BUTTER &amp; JELLY 2.6 OZ MEXICAN RICE 4 OZ REFRIED BEANS 4 OZ FRUIT 1/2 CUP MILK 1 CUP</b>	<b>10. CHICKEN SANDWICH 3OZ OR HAM SANDWICH 3 OZ POTATO WEDGES 4 OZ BROCCOLI &amp; CHEESE 3/4CUP FRUIT 1/2 CUP MILK 1 CUP</b>	<b>11. SALISBURY STEAK 3 OZ OR PIZZA 4.56 OZ MASHED POTATOES 1/2 CUP GREEN BEANS 1/2 CUP FRUIT 1/2 CUP MILK 1 CUP</b>	<b>12. BEEF HOAGIE 4 OZ OR TURKEY SANDWICH 3 OZ BABY CARROTS 4 OZ DIP 1 OZ FRENCH FRIES 4 OZ FRUIT 1/2 CUP MILK 1 CUP</b>	<b>13. ROUND PIZZA 4.56 OR PEANUT BUTTER &amp; JELLY 2.6 OZ CORN 1/2 CUP SALAD 3/4 CUP FRUIT 1/2/ CUP MILK 1 CUP</b>
<b>16. MINI CORN DOGS 4.OZ OR TURKEY SANDWICH 3 OZ BAKED CHIPS 1 OZ CARROTS 1/2 CUP FRUIT 1/2 CUP MILK 1 CUP</b>	<b>17. FISH STICK 3 OZ OR PIZZA 4.56 OZ PEAS 1/2 CUP MAC &amp; CHEESE 1/2 CUP FRUIT 1/2 CUP MILK 1 CUP</b>	<b>18. COUNTRY FRIED STEAK DIPPERS 3 OZ OR HAM SANDWICH 3OZ MASHED POTATOES 1/2 CUP BROCCOLI /CHEESE 3/4 CUP FRUIT 1/2 CUP MILK 1 CUP</b>	<b>19. CHEESEBURGER 3 OZ OR PIZZA 4.56 OZ FRENCH FRIES 4 OZ BAKED BEANS 1/2 CUP FRUIT 1/2 CUP MILK 1 CUP</b>	<b>20. PIZZA JAMMERS 3 OZ OR PEANUT BUTTER &amp; JELLY SANDWICH 3 OZ PIZZA SAUCE 1/4 CUP LETTUCE SALAD 1/2 CUP CORN 3/4 CUP FRUIT 1/2 CUP MILK 1 CUP</b>
<b>23. CHICKEN FRIES 3 OZ OR PEANUT BUTTER &amp; JELLY 2.6 OZ POTATO WEDGES 4 OZ FRESH BROCCOLI 3/4 CUP FRUIT 1/2 CUP MILK 1 CUP</b>	<b>24. SPAGHETTI 4 OZ OR HAM SANDWICH 3 OZ LETTUCE SALAD 1/2 CUP GREEN BEANS 3/4 CUP GARLIC BREAD 2 OZ FRUIT 1/2 CUP MILK 1 CUP</b>	<b>25. SALISBURY STEAK 3 OZ OR PIZZA 4.56 OZ MASHED POTATOES 1/2 CUP PEAS 3/4 CUP FRUIT 1/2 CUP MILK 1 CUP</b>	<b>26. TACO 3 OZ OR TURKEY SANDWICH 3 OZ LETTUCE/ CHEESE 2 OZ REFRIED BEANS 3/4 CUP CHIPS &amp; CHEESE 4 OZ FRUIT 1/2 CUP MILK 1 CUP</b>	<b>27. PIZZA 4.56 OR PEANUT BUTTER &amp; JELLY 2.6 OZ TRIANGLE POTATO 4.5 OZ CORN 1/2 CUP FRUIT 1/2 CUP MILK 1 CUP</b>
<b>30. CHILI 4 OZ OR HAM SANDWICH 3 OZ 1/2 PEANUT BUTTER SANDWICH 2 OZ FRITOS 1 OZ FRUIT 1/2 CUP MILK 1 CUP CHEESE STICK 1 OZ</b>			<b>This INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</b>	<b>ALL BREAD PRODUCTS ARE WHOLE GRAIN CHOCOLATE MILK-FAT FREE WHITE MILK- 1%</b>