

Meal Prices

Breakfast		Lunch	
PK-12	\$1.75	Pk-8	\$2.70
Adult	\$1.75	9th-12th	\$3.20
		Adult	\$3.80

October 2017 Iroquois Breakfast & Lunch Menu



Monday

Breakfast Pizza 2
Cheeseburger on Bun
Carrots

Pancakes 9
Chicken Nuggets
Dinner Roll
Mashed Potatoes w/Gravy

Waffles 16
Hot Dog on Bun
Baked French Fries

Donut 23
Nachos Grande
Brown Rice
Corn

French Toast Sticks 30
Corn Dog
Peas

Tuesday

Cheesy Eggs & Muffin 3
Goulash
Garlic Bread
Green Beans

Breakfast Burrito 10
Pepperoni Pizza
Peas

Breakfast Boat 17
Beef & Cheese Soft
Shell Taco's
Corn

Breakfast Sliders 24
Tater Tot Hotdish
Bread
Carrots

Cheesy Eggs & Toast 31
Super Mexi Tots
Goopy Goblin Gelatin
Bread
Carrots

Wednesday

French Toast Sticks 4
Crispy Chicken Sandwich
Baked Beans

Sausage Pancake Stick 11
Doritos Walking Taco
Brown Rice
Corn

Sausage & Cheese Biscuit 18
Cheese Pizza
Green Beans

Breakfast Pizza 25
Taco Quesadillas
Chips & Salsa
Peas

Thursday

Egg & Cheese Biscuit 5
Tex-Mex Mac & Cheese
Dinner Roll
Corn

Donut 12
Italian Dunker
w/Dipping Sauce
Green Beans

Cinnamon Roll 19
Breaded Pork Fritter
Dinner Roll
Mashed Potatoes w/Gravy

Dutch Waffle 26
Sloppy Joe on Bun
Corn

Friday

**Daily Alternate
Entrée Option
Grades 6th-12th**



Monday & Friday
Turkey & Cheese Sub
Tuesday
Ham & Cheese Sub
Wednesday
Cold Cut Sub
Thursday
Italian Sub



Be a Food Label Detective:
Make Sure to Choose Whole Grain



Look for "100% Whole Grain or Wheat" on packages of food like bread, cereal, and pasta.

**Fill Up & Fuel Up
at the
Unlimited Fruit & Vegetable Bar**



Please
remember to
take at least
½ cup fruit & or
veggies for a
well balance
meal



Breakfast Choices Offered Daily

- 100% Juice and Fruit
- Breakfast Entrée
- Cereal & Bread/Toast
- Milk Choice



Daily Lunch Menu Includes

- K-5: Choice of 1 Entrée
- 6-12: Choice of 2 Entrées
- Fruit & Vegetable Bar
- Milk Choice