

Irvington High School

Welcome to our
Lunch Cafe

3/1/2019 - 3/1/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

					<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p>
<p>Also Available Daily: Garden Salad, Chef Salad and Grab & Go Deli Sandwiches/Wraps on Whole Wheat Bun, Kaiser, Club Rolls, or Sliced</p>					
					<p>Cheeseburger burger topped with cheese on a freshly toasted bun 🍓 Spicy Chicken Patty Crispy Chicken Patty Gluten Free Hamburger Bun Sausage and Cheese Sandwich</p>
<p>Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches</p>					
					<p>Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball 🍓 Spinach Pizza 🍓🍓</p>
<p>Also available daily: Plain Cheese Pizza</p>					
					<p>Buffalo Chicken and Cheese Sandwich sliced buffalo chicken and cheese on WG sandwich bread 🍓</p>
<p>Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings</p>					
					<p>Chicken Parmesan Sandwich warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll 🍓🍓</p>
					<p>Side Salad side salad with tomato and cucumber Roasted Cabbage, Zucchini & Onion Pineapple Cup Diced Pear Cup</p>

WHITSON'S School Nutrition

SIMPLY ROOTED

in food & family

We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from fresh ingredients. We are proud to offer you the best in school nutrition. We are also offering more natural and non-GMO products. We are also offering gluten free options and purchase locally sourced items whenever possible. Contact us at 910.487.1234 or visit our website at www.whitsons.com.

SCHOOLS

Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice.
At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.
Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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 VEGETARIAN
  MADE WITH NATURAL INGREDIENTS
  PORK
  MADE WITH ORGANIC INGREDIENTS

Irvington High School

Welcome to our
Lunch Cafe

3/4/2019 - 3/8/2019

MEATLESS MONDAY

	Monday	Tuesday	Wednesday	Thursday	Friday
	Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓	Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓	Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓	Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓	Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓
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	Broccoli Pizza freshly made pizza topped with fresh mozzarella cheese and crisp broccoli florets 🍓🍓 Buffalo Chicken Pizza 🍓	Pepper & Onion Pizza freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions 🍓🍓 Pepperoni Pizza 🍓	Spinach Pizza fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese 🍓🍓 Meatball Pizza 🍓🍓	Broccoli Pizza freshly made pizza topped with fresh mozzarella cheese and crisp broccoli florets 🍓🍓 Buffalo Chicken Pizza 🍓	Spinach Pizza fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese 🍓🍓 Meat Lovers Pizza 🍓
Also available daily: Plain Cheese Pizza					
	Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🍓	Sausage Onions & Peppers Sandwich Italian sausage sandwich topped with sauteed onions and peppers 🍓	Chicken Caesar Sandwich crispy chicken patty with fresh lettuce, tomato and Caesar dressing on a roll 🍓🍓	Chicken Parmesan Sandwich warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll 🍓🍓	Buffalo Chicken and Cheese Sandwich sliced buffalo chicken and cheese on WG sandwich bread 🍓
Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings					
	Bean & Veggie Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream 🍓 Chicken Bowl with Gravy 🍓	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🍓	Philly Cheesesteak Wrap thin sliced steak with sauteed peppers and onions with cheese on a whole wheat wrap 🍓	Chicago Style Hot Dog skinless hot dog on a bun, topped with mustard, pickle chips, onions, tomatoes, tomatoes and jalapeño peppers 🍓	BBQ Chicken Wrap chicken breast with BBQ sauce, lettuce and tomato in a wrap 🍓
	Side Salad side salad with tomato and cucumber Green Beans Diced Pear Cup Pineapple Cup	Side Salad side salad with tomato and cucumber Mild Salsa Sliced Peaches Diced Pear Cup	Side Salad side salad with tomato and cucumber Celery Sticks Cinnamon Applesauce Sliced Peaches	Sweet Potato Fries crispy sweet potato fries baked to perfection Baked Beans Diced Pear Cup Applesauce	Side Salad side salad with tomato and cucumber Fluffy Mashed Potatoes Pineapple Cup Diced Pear Cup
	Lunch Prices: Full Price: \$2.25 Reduced: \$1.40		Menu is subject to change. Notice will be posted when available. If you have any questions or would like additional information regarding this menu, please contact the Food Services Office at (973)372-2675 or visit www.whitsons.com/irvington .		

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🌿 VEGETARIAN 🍓 MADE WITH NATURAL INGREDIENTS 🐷 PORK 🌱 MADE WITH ORGANIC INGREDIENTS

Irvington High School

Welcome to our
Lunch Cafe

3/11/2019 - 3/15/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Fruity Parfait
vanilla yogurt topped with strawberries, blueberries, and crunchy granola

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Also Available Daily: Garden Salad, Chef Salad and Grab & Go Deli Sandwiches/Wraps on Whole Wheat Bun, Kaiser, Club Rolls, or Sliced



Cheeseburger burger topped with cheese on a freshly toasted bun
Spicy Chicken Patty
Crispy Chicken Patty
Gluten Free Hamburger Bun
Sausage and Cheese Sandwich

Cheeseburger burger topped with cheese on a freshly toasted bun
Spicy Chicken Patty
Crispy Chicken Patty
Gluten Free Hamburger Bun
Sausage and Cheese Sandwich

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Sausage and Cheese Sandwich

Cheeseburger burger topped with cheese on a freshly toasted bun
Spicy Chicken Patty
Crispy Chicken Patty
Gluten Free Hamburger Bun
Sausage and Cheese Sandwich



Broccoli Pizza freshly made pizza topped with fresh mozzarella cheese and crisp broccoli florets
Buffalo Chicken Pizza

Pepper & Onion Pizza freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions
Pepperoni Pizza

Spinach Pizza fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese
Meatball Pizza

Broccoli Pizza freshly made pizza topped with fresh mozzarella cheese and crisp broccoli florets
Buffalo Chicken Pizza

Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball
Spinach Pizza

Also available daily: Plain Cheese Pizza



Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house

Sausage Onions & Peppers Sandwich Italian sausage sandwich topped with sauteed onions and peppers

Chicken Caesar Sandwich crispy chicken patty with fresh lettuce, tomato and Caesar dressing on a roll

Chicken Parmesan Sandwich warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll

Buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings



Vegetarian Rice Bowl rice bowl topped with vegetables, kidney beans, and cheese, tossed with sweet and sour sauce
General Tso's Chicken Rice Bowl

Cheese Quesadilla freshly grilled flour tortilla with melty cheese

Turkey and Cheese Melt thinly sliced turkey breast and melted American cheese on toasty bread

Cheeseburger Mac & Cheese steamy pasta enrobed in a creamy cheddar cheese sauce mixed with seasoned ground meat prepared in-house

Pasta & Meat Sauce freshly cooked pasta with meat sauce

MEATLESS MONDAY



Side Salad side salad with tomato and cucumber
Steamed Broccoli
Diced Pear Cup
Pineapple Cup

Side Salad side salad with tomato and cucumber
Black Beans
Sliced Peaches
Diced Pear Cup

Side Salad side salad with tomato and cucumber
Sweet Potato Fries
Cinnamon Applesauce
Sliced Peaches

Side Salad side salad with tomato and cucumber
Steamed Peas
Diced Pear Cup
Applesauce

Side Salad side salad with tomato and cucumber
Green Beans
Pineapple Cup
Diced Pear Cup

Lunch Prices:

Full Price: \$2.25
Reduced: \$1.40

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VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

Irvington High School

Welcome to our
Lunch Cafe

3/18/2019 - 3/22/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p>	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p>	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p>	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p>	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p>
<p>Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk</p>					
	<p>Cheeseburger burger topped with cheese on a freshly toasted bun 🍓 Spicy Chicken Patty Crispy Chicken Patty chicken patty breaded and baked until crispy Gluten Free Hamburger Bun</p>	<p>Cheeseburger burger topped with cheese on a freshly toasted bun 🍓 Spicy Chicken Patty Crispy Chicken Patty Gluten Free Hamburger Bun Sausage and Cheese Sandwich</p>	<p>Cheeseburger burger topped with cheese on a freshly toasted bun 🍓 Spicy Chicken Patty Crispy Chicken Patty Gluten Free Hamburger Bun Sausage and Cheese Sandwich</p>	<p>Cheeseburger burger topped with cheese on a freshly toasted bun 🍓 Spicy Chicken Patty Crispy Chicken Patty Gluten Free Hamburger Bun Sausage and Cheese Sandwich</p>	<p>Cheeseburger burger topped with cheese on a freshly toasted bun 🍓 Spicy Chicken Patty Crispy Chicken Patty Gluten Free Hamburger Bun Sausage and Cheese Sandwich</p>
<p>Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches</p>					
	<p>Broccoli Pizza freshly made pizza topped with fresh mozzarella cheese and crisp broccoli florets 🍓🍓 Buffalo Chicken Pizza freshly made cheese pizza topped with Buffalo chicken pieces 🍓</p>	<p>Pepper & Onion Pizza freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions 🍓🍓 Pepperoni Pizza 🍓</p>	<p>Spinach Pizza fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese 🍓🍓 Meatball Pizza 🍓🍓</p>	<p>Broccoli Pizza freshly made pizza topped with fresh mozzarella cheese and crisp broccoli florets 🍓🍓 Buffalo Chicken Pizza 🍓</p>	<p>Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball 🍓 Spinach Pizza 🍓🍓</p>
<p>Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough</p>					
	<p>Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🍓</p>	<p>Sausage Onions & Peppers Sandwich Italian sausage sandwich topped with sauteed onions and peppers 🍓</p>	<p>Chicken Caesar Sandwich crispy chicken patty with fresh lettuce, tomato and Caesar dressing on a roll 🍓🍓</p>	<p>Chicken Parmesan Sandwich warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll 🍓🍓</p>	<p>Buffalo Chicken and Cheese Sandwich sliced buffalo chicken and cheese on WG sandwich bread 🍓</p>
<p>Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings</p>					
	<p>Bean & Veggie Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream 🍓</p>	<p>Crispy Popcorn Chicken crispy breaded chicken bites baked to perfection Fluffy Whole Grain Waffles 🍓</p>	<p>Homemade Chicken & Broccoli Alfredo grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta 🍓</p>	<p>Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🍓</p>	<p>BBQ Chicken chicken coated in BBQ sauce Homemade Mac & Cheese 🍓🍓</p>
	<p>Side Salad side salad with tomato and cucumber Celery Diced Pear Cup Pineapple Cup</p>	<p>Side Salad side salad with tomato and cucumber Crispy Potato Puffs Sliced Peaches Diced Pear Cup</p>	<p>Side Salad side salad with tomato and cucumber Carrot Dippers Cinnamon Applesauce Sliced Peaches</p>	<p>Side Salad side salad with tomato and cucumber Baked Beans Diced Pear Cup Applesauce</p>	<p>Collard Greens Baked Sweet Potato Pineapple Cup Diced Pear Cup</p>
	<p>Lunch Prices: Full Price: \$2.25 Reduced: \$.40</p>		<p>Menu is subject to change. Notice will be posted when available. If you have any questions or would like additional information regarding this menu, please contact the Food Services Office at (973)372-2675 or visit www.whitsons.com/irvington.</p>		

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 VEGETARIAN  MADE WITH NATURAL INGREDIENTS  PORK  MADE WITH ORGANIC INGREDIENTS

Irvington High School

Welcome to our
Lunch Cafe

3/25/2019 - 3/29/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

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<p>Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches</p>					
	<p>Pepper & Onion Pizza freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions 🍓🍓 Broccoli Pizza freshly made pizza topped with fresh mozzarella</p>	<p>Spinach Pizza fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese 🍓🍓 Meatball Pizza 🍓🍓</p>	<p>Broccoli Pizza freshly made pizza topped with fresh mozzarella cheese and crisp broccoli florets 🍓🍓 Buffalo Chicken Pizza 🍓</p>	<p>Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball 🍓 Spinach Pizza 🍓🍓</p>	<p>Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball 🍓 Spinach Pizza 🍓🍓</p>
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	<p>Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🍓</p>	<p>Sausage Onions & Peppers Sandwich Italian sausage sandwich topped with sauteed onions and peppers 🍓</p>	<p>Chicken Caesar Sandwich crispy chicken patty with fresh lettuce, tomato and Caesar dressing on a roll 🍓🍓</p>	<p>Chicken Parmesan Sandwich warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll 🍓🍓</p>	<p>Buffalo Chicken and Cheese Sandwich sliced buffalo chicken and cheese on WG sandwich bread 🍓</p>
<p>Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings</p>					
	<p>Homemade Veggie & Cheese Stromboli freshly bake dough lightly brushed with garlic & oil filled with sauteed vegetables and melted mozzarella 🍓🍓</p>	<p>Ham & Cheese Bagel Melt ham and melted cheese on a bagel</p>	<p>Sausage Onions & Peppers Sandwich Italian sausage sandwich topped with sauteed onions and peppers 🍓</p>	<p>Pizza Burger burger topped with pizza sauce, mozzarella cheese and romaine lettuce on a bun 🍓</p>	<p>Korean BBQ Wrap chicken strips smothered in Korean BBQ sauce and wrapped in a soft tortilla 🍓</p>
	<p>Side Salad side salad with tomato and cucumber Green Beans Diced Pear Cup Pineapple Cup</p>	<p>Side Salad side salad with tomato and cucumber Oven Baked Fries Sliced Peaches Diced Pear Cup</p>	<p>Side Salad side salad with tomato and cucumber Carrot Dippers Cinnamon Applesauce Sliced Peaches</p>	<p>Side Salad side salad with tomato and cucumber Sweet Potato Fries Diced Pear Cup Applesauce</p>	<p>Side Salad side salad with tomato and cucumber Black Beans Pineapple Cup Diced Pear Cup</p>

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