

Irvington Middle Schools

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>Chicken Caesar Salad 🌱</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 🌱</p> <p>Spicy Chicken Patty Crispy Chicken Patty</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 🌱🌱</p> <p>Spinach Pizza 🌱🌱</p>
<p>Also available daily: Plain Cheese Pizza</p>					
					<p>Buffalo Chicken Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato 🌱</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</p>
	<p>Lunch Prices: Full Price: \$2.00 Reduced: \$1.40</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>	

WHITSONS School Nutrition

SIMPLY ROOTED

in food & family

We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are phasing out processed foods and instead, offering more natural, organic and non GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at www.Whitsons.com.

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 Middle Schools

Welcome to our
Lunch Cafe

3/4/2019 - 3/8/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p> <p>Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with</p>	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p> <p>Chicken Caesar Salad 🍓</p>	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p> <p>Chicken Caesar Salad 🍓</p>	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p> <p>Chicken Caesar Salad 🍓</p>	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p> <p>Chicken Caesar Salad 🍓</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 🍓</p> <p>Spicy Chicken Patty Crispy Chicken Patty</p>	<p>Cheeseburger burger topped with cheese on a freshly toasted bun 🍓</p> <p>Spicy Chicken Patty Crispy Chicken Patty</p>	<p>Cheeseburger burger topped with cheese on a freshly toasted bun 🍓</p> <p>Spicy Chicken Patty Crispy Chicken Patty</p>	<p>Cheeseburger burger topped with cheese on a freshly toasted bun 🍓</p> <p>Spicy Chicken Patty Crispy Chicken Patty</p>	<p>Cheeseburger burger topped with cheese on a freshly toasted bun 🍓</p> <p>Spicy Chicken Patty Crispy Chicken Patty</p>
	<p>Broccoli Pizza freshly made pizza topped with fresh mozzarella cheese and crisp broccoli florets 🍓🍓</p> <p>Buffalo Chicken Pizza 🍓</p>	<p>Pepperoni Pizza cheese pizza topped with pepperoni 🍓</p> <p>Pepper & Onion Pizza 🍓</p>	<p>Spinach Pizza fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese 🍓🍓</p> <p>Meatball Pizza 🍓🍓</p>	<p>Broccoli Pizza freshly made pizza topped with fresh mozzarella cheese and crisp broccoli florets 🍓🍓</p> <p>Buffalo Chicken Pizza 🍓</p>	<p>Spinach Pizza fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese 🍓🍓</p> <p>Meat Lovers Pizza 🍓</p>
<p>Also available daily: Plain Cheese Pizza</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 Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato 🍓</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 Mac & Cheese pasta in cheese sauce, garnished with parsley 🍓</p> <p>Or Chicken Fajita Mac & Cheese 🍓</p>	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🍓</p>	<p>Philly Cheesesteak Wrap thin sliced steak with sauteed peppers and onions with cheese on a whole wheat wrap 🍓</p>	<p>Chicago Style Hot Dog skinless hot dog on a bun, topped with mustard, pickle chips, onions, tomatoes, tomatoes and jalapeño peppers 🍓</p>	<p>BBQ Chicken Wrap chicken breast with BBQ sauce, lettuce and tomato in a wrap 🍓</p>
	<p>Side Salad side salad with tomato and cucumber Green Beans Diced Pear Cup</p>	<p>Side Salad side salad with tomato and cucumber Mild Salsa Sliced Peaches</p>	<p>Side Salad side salad with tomato and cucumber Celery Sticks Cinnamon Applesauce</p>	<p>Sweet Potato Fries crispy sweet potato fries baked to perfection Baked Beans Diced Pear Cup</p>	<p>Side Salad side salad with tomato and cucumber Fluffy Mashed Potatoes Pineapple Cup</p>
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  PORK
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Irvington Middle Schools

Welcome to our
Lunch Cafe

3/11/2019 - 3/15/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p> <p>Chicken Caesar Salad 🍓</p>	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p> <p>Chicken Caesar Salad 🍓</p>	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p> <p>Chicken Caesar Salad 🍓</p>	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p> <p>Chicken Caesar Salad 🍓</p>	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p> <p>Chicken Caesar Salad 🍓</p>
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	<p>Broccoli Pizza freshly made pizza topped with fresh mozzarella cheese and crisp broccoli florets 🍓🍓</p> <p>Buffalo Chicken Pizza 🍓</p>	<p>Pepperoni Pizza cheese pizza topped with pepperoni 🍓</p> <p>Pepper & Onion Pizza 🍓</p>	<p>Spinach Pizza fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese 🍓🍓</p> <p>Meatball Pizza 🍓🍓</p>	<p>Broccoli Pizza freshly made pizza topped with fresh mozzarella cheese and crisp broccoli florets 🍓🍓</p> <p>Buffalo Chicken Pizza 🍓</p>	<p>Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball 🍓</p> <p>Spinach Pizza 🍓🍓</p>
<p>Also available daily: Plain Cheese Pizza</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 Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato 🍓</p>
<p>Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings</p>					
	<p>Vegetarian Rice Bowl rice bowl topped with vegetables, kidney beans, and cheese, tossed with sweet and sour sauce 🍓🍓</p> <p>Or General Tso's Chicken Rice Bowl General Tso's chicken bowl with brown rice, broccoli, and bell peppers 🍓</p>	<p>Cheese Quesadilla freshly grilled flour tortilla with melty cheese</p>	<p>Turkey and Cheese Melt thinly sliced turkey breast and melted American cheese on toasty bread</p>	<p>Cheeseburger Mac & Cheese steamy pasta enrobed in a creamy cheddar cheese sauce mixed with seasoned ground meat prepared in-house 🍓</p>	<p>Pasta & Meat Sauce freshly cooked pasta with meat sauce 🍓🍓</p>
	<p>Side Salad side salad with tomato and cucumber</p> <p>Steamed Broccoli Diced Pear Cup</p>	<p>Side Salad side salad with tomato and cucumber</p> <p>Black Beans Sliced Peaches</p>	<p>Side Salad side salad with tomato and cucumber</p> <p>Sweet Potato Fries Cinnamon Applesauce</p>	<p>Side Salad side salad with tomato and cucumber</p> <p>Steamed Peas Diced Pear Cup</p>	<p>Side Salad side salad with tomato and cucumber</p> <p>Green Beans Pineapple Cup</p>
<p>Lunch Prices: Full Price: \$2.00 Reduced: \$.40</p>					

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 VEGETARIAN  MADE WITH NATURAL INGREDIENTS  PORK  MADE WITH ORGANIC INGREDIENTS

Irvington Middle Schools

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>Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with</p>	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p> <p>Chicken Caesar Salad 🍓</p>	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p> <p>Chicken Caesar Salad 🍓</p>	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p> <p>Chicken Caesar Salad 🍓</p>	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p> <p>Chicken Caesar Salad 🍓</p>
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	<p>Broccoli Pizza freshly made pizza topped with fresh mozzarella cheese and crisp broccoli florets 🍓🍓</p> <p>Buffalo Chicken Pizza 🍓</p>	<p>Pepperoni Pizza cheese pizza topped with pepperoni 🍓</p> <p>Pepper & Onion Pizza 🍓</p>	<p>Spinach Pizza fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese 🍓🍓</p> <p>Meatball Pizza 🍓🍓</p>	<p>Broccoli Pizza freshly made pizza topped with fresh mozzarella cheese and crisp broccoli florets 🍓🍓</p> <p>Buffalo Chicken Pizza 🍓</p>	<p>Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball 🍓</p> <p>Spinach Pizza 🍓🍓</p>
<p>Also available daily: Plain Cheese Pizza</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 Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato 🍓</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</p> <p>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</p> <p>Homemade Mac & Cheese 🍓🍓</p>
	<p>Side Salad side salad with tomato and cucumber</p> <p>Celery Diced Pear Cup</p>	<p>Side Salad side salad with tomato and cucumber</p> <p>Crispy Potato Puffs Sliced Peaches</p>	<p>Side Salad side salad with tomato and cucumber</p> <p>Fresh Baby Carrots Cinnamon Applesauce</p>	<p>Side Salad side salad with tomato and cucumber</p> <p>Baked Beans Diced Pear Cup</p>	<p>Collard Greens Sweet Potatoes Pineapple Cup</p>
<p>Lunch Prices: Full Price: \$2.00 Reduced: \$.40</p>					

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Irvington Middle Schools

Welcome to our
Lunch Cafe

3/25/2019 - 3/29/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p> <p>Chicken Caesar Salad 🍗</p>	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p> <p>Chicken Caesar Salad 🍗</p>	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p> <p>Chicken Caesar Salad 🍗</p>	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p> <p>Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with</p>	<p>Fruity Parfait vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍓🍓</p> <p>Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with</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 🍓</p> <p>Spicy Chicken Patty Crispy Chicken Patty</p>	<p>Cheeseburger burger topped with cheese on a freshly toasted bun 🍓</p> <p>Spicy Chicken Patty Crispy Chicken Patty</p>	<p>Cheeseburger burger topped with cheese on a freshly toasted bun 🍓</p> <p>Spicy Chicken Patty Crispy Chicken Patty</p>	<p>Cheeseburger burger topped with cheese on a freshly toasted bun 🍓</p> <p>Spicy Chicken Patty Crispy Chicken Patty</p>	<p>Cheeseburger burger topped with cheese on a freshly toasted bun 🍓</p> <p>Spicy Chicken Patty Crispy Chicken Patty</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 🍓🍓</p> <p>Buffalo Chicken Pizza 🍗</p>	<p>Pepperoni Pizza cheese pizza topped with pepperoni 🍗</p> <p>Pepper & Onion Pizza 🍓</p>	<p>Spinach Pizza fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese 🍓🍓</p> <p>Meatball Pizza 🍗🍓</p>	<p>Broccoli Pizza freshly made pizza topped with fresh mozzarella cheese and crisp broccoli florets 🍓🍓</p> <p>Buffalo Chicken Pizza 🍗</p>	<p>Meat Lovers Pizza freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball 🍗</p> <p>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 Sandwich warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato 🍗</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>Jamaican Beef Patty golden flaky pastry dough stuffed with beef simmered in a delicious spicy sauce</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 Cinnamon Applesauce</p>	<p>Side Salad side salad with tomato and cucumber Oven Baked Fries Sliced Peaches</p>	<p>Side Salad side salad with tomato and cucumber Fresh Baby Carrots Pineapple Cup</p>	<p>Side Salad side salad with tomato and cucumber Sweet Potato Fries Diced Pear Cup</p>	<p>Side Salad side salad with tomato and cucumber Black Beans Pineapple Cup</p>

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