

Ironbound Catholic Academy


Lunch

PRICE: \$3.50

June 2017

STUDENT'S NAME:

GRADE:

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>All of our food is made fresh Daily.</i></p>			
			<p>1 2 Lean Beef Tacos 2ea Lean Beef Taco Meat 2.5oz Shredded Cheddar 1oz Shredded Lettuce 1/4 Cup Taco Shells (2) 2ea Corn 1/2 Cup Fresh Pear 1ea Whole Wheat Bread 1sl 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	
<p>5 W.G Chicken Nuggets 5ea Whole Wheat Bread 1sl Maple Baked Beans 3/4 Cup Apple Sauce Cup 1/2C 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>	<p>6 Homemade Ziti w/ Meat Sauce 6oz Whole Wheat Mountain Roll 1ea Honey Glazed Whole Baby Carrots 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>7 Grilled Chicken w/ Marsala Sauce 2.5oz Whole Wheat Biscuit 2 oz Broccoli 3/4C Raisins 1 Box 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>8 Meatloaf w/ Gravy 3oz Whole Wheat Mountain Roll 1ea Mashed Potatoes 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>9 Whole Wheat Pizza 1ea Garden Salad 1 1/4 Cup PC Ranch Dressing 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>
<p>12 Meatballs w/ Marinara Sauce 4ea Whole Wheat Hero Roll 1ea Spinach 3/4 Cup Raisins 1 Box 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>13 Beef Ravioli w/ Mozzarella 6ea Whole Wheat Mountain Roll 1ea Honey Glazed Whole Baby Carrots 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>			

Ironbound Catholic Academy

Lunch	Price:\$3.50	May 2017		Student's Name:	Grade:
Monday	Tuesday	Wednesday	Thursday		
<p>ALTERNATIVES Veg Alt: Veggie Burger on a WW Bun 2.5oz Ham and Provolone on Whole Wheat Bread 2.5oz</p>	<p>ALTERNATIVES Veg Alt- W.G Cheese Quesidilla 3oz Chicken Salad on a WW Kaiser Roll 3.25oz</p>	<p>ALTERNATIVES Whole Wheat Pizza 1ea Beef Bologna and American Cheese on a WW Roll 2.5oz</p>	<p>ALTERNATIVES Veg Alt- Bean and Cheese Burrito 1ea Egg Salad on a WW Kaiser Roll 3.25 oz</p>	<p>ALTERNATIVES Veg Alt: Veggie Burger on a WW Bun 2.5oz American Cheese on WW Hero 2.5oz</p>	
	<p><i>All of our food is made fresh Daily.</i></p>	<p><i>Our Featured Wellness Item of the month is highlighted in orange.</i></p>			
<p>1 W.G Chicken Nuggets 5ea Whole Wheat Mountain Roll 1ea Baked French Fries 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>	<p>2 Homemade Ziti w/ Meat Sauce 6oz Whole Wheat Bread 1sl Caesar Salad 1 1/4 C PC Ranch Dressing 1ea Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>3 Crispy Chicken Breast 3oz Whole Wheat Bun 1ea Green Beans 3/4 Cup Mandarin Oranges 1/2 Cup 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>	<p>4 BBQ Pulled Beef 3OZ Whole Wheat Bun 1ea Cowboy Baked Beans 3/4 Cup 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>No Lunch</p>	
<p>No Lunch</p>	<p>9 Lasagna Rollette w/ Marinara Sauce 1ea- 3.5oz Whole Wheat Mountain Roll 1ea Garden Salad 1 1/4 Cup PC Ranch Dressing 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>10 Herb Rubbed Baked Chicken Leg 4oz Whole Wheat Biscuit 2 oz Collard Greens 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>11 2 Lean Beef Tacos 2ea Lean Beef Taco Meat 2.5oz Shredded Cheddar 1oz Shredded Lettuce 1/4 Cup Taco Shells (2) 2ea Corn 1/2 Cup Whole Wheat Bread 1sl 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>12 Hamburger 2.8oz Whole Wheat Bun 1ea Sliced Carrots 3/4 Cup Apple Sauce Cup 1/2C 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>	
<p>15 W.G Chicken Nuggets 5ea Whole Wheat Bread 1sl Cowboy Baked Beans 3/4 Cup Fruit Cocktail 1/2 Cup 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>	<p>16 Meatballs w/ Marinara Sauce 4ea Whole Wheat Hero Roll 1ea Sliced Carrots 3/4 Cup Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>17 Grilled Lemon Chicken 2.5oz Whole Wheat Biscuit 2 oz Broccoli 3/4C 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>18 Meatloaf w/ Gravy 3oz Whole Wheat Mountain Roll 1ea Mashed Potatoes 3/4 Cup Fresh Apple Slices 1 Bag 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>19 Whole Wheat Pizza 1ea Garden Salad 1 1/4 Cup PC Ranch Dressing 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	
<p>22 All Beef Hot Dog 1ea Whole Wheat Hot Dog Bun 1ea Maple Baked Beans 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea PC Mustard 1ea</p>	<p>23 Cheese Ravioli w/ Marinara 6ea Whole Wheat Mountain Roll 1ea Garden Salad 1 1/4 Cup PC Ranch Dressing 1ea Fresh Apple Slices 1 Bag 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>24 Crispy Chicken Breast 3oz Whole Wheat Bun 1ea Mashed Sweet Potatoes 3/4 Cup Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>	<p>25 Grilled Chicken Caesar Salad 2 Cups Grilled Chicken Strips 2.5 oz Romaine Lettuce 1 1/2 Cup Shredded Mozzarella .5oz W.G Croutons 1/4 Cup Whole Wheat Bread 1sl PC Ranch Dressing 1ea Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>26 Hamburger 2.8oz Whole Wheat Bun 1ea Baked French Fries 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>	
<p>No Lunch</p>	<p>30 Stuffed Shells w/ Marinara Sauce 2ea/4oz Whole Wheat Bread 1sl Broccoli 3/4C Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>31 Grilled Cheese on WW Bread 2.5oz Sweet Potato Fries 3/4 Cup 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>			

Ironbound Catholic Academy

Lunch

PRICE: \$3.50

April 2017

STUDENT'S NAME:

Grade:

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>All of our food is made fresh Daily.</i></p>	<p><i>Our Featured Wellness Item of the month is highlighted in orange.</i></p>		
<p>3 W.G Chicken Nuggets 5ea Whole Wheat Bread 1sl Baked French Fries 3/4 Cup Apple Sauce Cup 1/2C 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>	<p>4 Turkey and American Cheese on a Whole Wheat Hero Roll 2oz Large Bag Baby Carrots 3/4c 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea</p>	<p>5 Grilled Chicken w/ Marsala Sauce 2.5oz Whole Wheat Biscuit 2 oz Broccoli 3/4C Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>6 2 Lean Beef Tacos 2ea Lean Beef Taco Meat 2.5oz Black Beans 3/4c Shredded Cheddar 1oz Shredded Lettuce 1/4 Cup Taco Shells (2) 2ea Fresh Pear 1ea Whole Wheat Bread 1sl 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>7 WW Pizza 1ea Garden Salad 1 1/4 Cup PC Italian Dressing 1ea 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>
<p>10 Meatballs w/ Marinara Sauce 4ea Whole Wheat Hero Roll 1ea Spinach 3/4 Cup Raisins 1 Box 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>11 Homemade Baked Ziti 6oz Whole Wheat Mountain Roll 1ea Honey Glazed Whole Baby Carrots 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p><i>No Lunch</i></p>	<p><i>No Lunch</i></p>	<p><i>No Lunch</i></p>
<p><i>No Lunch</i></p>	<p><i>No Lunch</i></p>	<p><i>No Lunch</i></p>	<p><i>No Lunch</i></p>	<p><i>No Lunch</i></p>
<p>24 All Beef Hot Dog 1ea Whole Wheat Hot Dog Bun 1ea Corn 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea PC Mustard 1ea</p>	<p>25 Beef and Cheese Burrito 1ea Whole Wheat Bread 1sl Red Beans 3/4 cup Fresh Tangerine 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>26 Popcorn chicken 3oz Whole Wheat Mountain Roll 1ea Honey Glazed Whole Baby Carrots 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>	<p>27 BBQ Beef Rib 1ea Whole Wheat Bun 1ea Broccoli 3/4C Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>28 Hamburger 2.8oz Whole Wheat Bun 1ea Garden Salad 1 1/4 Cup PC Creamy Italian Tea Pineapples 1/2 Cup 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea</p>

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Lunch

PRICE: \$3.50

March 2017

STUDENT'S NAME:

GRADE:

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>All of our food is made fresh Daily.</i>	<i>Our Featured Wellness Item of the month is highlighted in orange.</i>		
		1 Grilled Cheese on WW Bread 2.5oz Green Beans 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	2 Crispy Chicken Breast 3oz Whole Wheat Bun 1ea Corn 3/4 Cup 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	No Lunch
6 Hamburger 2.8oz Whole Wheat Bun 1ea Green Bean/Wax Bean Blend 3/4 cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	7 Homemade Ziti w/ Meat Sauce 6oz WW BreadSticks 1pk Caesar Salad 1 1/4 C PC Ranch Dressing 1ea Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	8 Baked Chicken Leg w/ BBQ Sauce 4oz Whole Wheat Biscuit 2 oz Cowboy Baked Beans 3/4 Cup Fruit Cocktail 1/2 Cup 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	9 2 Lean Beef Tacos 2ea Lean Beef Taco Meat 2.5oz Shredded Cheddar 1oz Shredded Lettuce 1/4 Cup Taco Shells (2) 2ea Corn 1/2 Cup Whole Wheat Bread 1sl 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	10 Whole Wheat Pizza 1ea Sliced Carrots 3/4 Cup Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz
13 W.G Chicken Nuggets 5ea Whole Wheat Bread 1sl Maple Baked Beans 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	14 Meatloaf w/ Gravy 3oz Whole Wheat Mountain Roll 1ea Mashed Potatoes 3/4 Cup Fresh Tangerine 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	15 Turkey and American Cheese on a WW Hero Roll 3oz Large Bag Baby Carrots 3/4c 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea	16 Baked Chicken Patty 1ea Whole Wheat Bun 1ea Spinach 3/4 Cup Fresh Apple Slices 1 Bag 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	17 Stuffed Shells w/ Marinara Sauce 2ea/4oz Garden Salad 1 1/4 Cup PC Ranch Dressing 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz
20 Baked Chicken Sticks 8ea-2oz Whole Wheat Bread 1sl Cowboy Baked Beans 3/4 Cup Mandarin Oranges 1/2 Cup 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	21 Hamburger 2.8oz Whole Wheat Bun 1ea Baked French Fries 3/4 Cup Fresh Apple Slices 1 Bag 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	22 Baked Chicken Parmesan 3oz Whole Wheat Mountain Roll 1ea Caesar Salad 1 1/4 C PC Ranch Dressing 1ea Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	23 Salisbury Steak w/ Gravy 3oz Mashed Sweet Potatoes 3/4 Cup Fresh Clementine 1ea Whole Wheat Bun 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	24 Whole Wheat Pizza 1ea Green Bean/Wax Bean Blend 3/4 cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz
27 All Beef Hot Dog 1ea Whole Wheat Hot Dog Bun 1ea Sliced Carrots 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea PC Mustard 1ea	28 Cheese Ravioli w/ Marinara 6ea Whole Wheat Mountain Roll 1ea Broccoli 3/4C Raisins 1 Box 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	29 Grilled Chicken Breast w/ Gravy 2.5oz Whole Wheat Bread 1sl Roasted Red Bliss Potatoes 3/4 Cup Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	30 BBQ Pulled Beef 3OZ Whole Wheat Hamburger Bun 1ea Maple Baked Beans 3/4 Cup Fresh Pear 1ea 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	31 Whole Wheat Pizza 1ea Garden Salad 1 1/4 Cup PC Ranch Dressing 1ea Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz

Ironbound Catholic Academy

Lunch		PRICE: \$3.50	February 2017	STUDENT'S NAME:	GRADE:
Monday	Tuesday	Wednesday	Thursday	Friday	
	All of our food is made fresh Daily.	Our Featured Wellness Item of the month is highlighted in orange.			
		1 Grilled Chicken w/ BBQ Sauce 2.5oz Whole Wheat Biscuit 2 oz Cowboy Baked Beans 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	2 Salisbury Steak w/ Gravy 3oz Whole Wheat Bread 1sl Mashed Potatoes 3/4 Cup Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	No Lunch	
6 W.G Chicken Nuggets 5ea Whole Wheat Bread 1sl Baked French Fries 3/4 Cup Apple Sauce Cup 1/2C 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	7 Turkey and American Cheese on a Whole Wheat Hero Roll 2oz Large Bag Baby Carrots 3/4c 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Mayo 1ea PC Mustard 1ea	8 Grilled Chicken Salad 2 Cups Romaine Lettuce 1 1/2 Cup Grilled Chicken Strips 2.5 oz Shredded Mozzarella .5oz W.G Croutons 1/4 Cup PC Ranch Dressing 1ea Whole Wheat Bread 1sl 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	9 2 Lean Beef Tacos 2ea Lean Beef Taco Meat 2.5oz Shredded Cheddar 1oz Bag Baked Tostitos Scoops 1ea Taco Shells (2) 2ea Black Beans 3/4c Whole Wheat Bread 1sl Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	10 Whole Wheat Pizza 1ea Garden Salad 1 1/4 Cup PC Italian Dressing 1ea Mandarin Oranges 1/2 Cup 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	
13 Meatballs w/ Marinara Sauce 4ea Whole Wheat Hero Roll 1ea Spinach 3/4 Cup Raisins 1 Box 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	14 Homemade Baked Ziti 6oz Whole Wheat Mountain Roll 1ea Honey Glazed Whole Baby Carrots 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	15 Crispy Chicken Breast 3oz Whole Wheat Bread 1sl Maple Baked Beans 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	16 Sliced Turkey w/ Gravy 3oz Whole Wheat Mountain Roll 1ea Mashed Potatoes 3/4 Cup Fresh Apple Slices 1 Bag 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	17 Hamburger 2.8oz Whole Wheat Bun 1ea Green Beans 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	
No Lunch	21 Macaroni w/ Beef 6oz Whole Wheat Mountain Roll 1ea Sliced Carrots 3/4 Cup Fresh Apple Slices 1 Bag 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	22 Baked Chicken Patty 1ea Whole Wheat Bun 1ea Corn 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	23 Chicken Chow Mein 5oz Whole Wheat Bread 1sl Broccoli 3/4C Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	24 Whole Wheat Pizza 1ea Garden Salad 1 1/4 Cup PC Creamy Italian 1ea Pineapples 1/2 Cup 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	
27 Waffles Regular 2ea Turkey Sausage Link 1ea-1oz 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz Maple Syrup PC 1ea	28 Penne w/ Chicken and Pink Sauce 6oz Whole Wheat Mountain Roll 1ea Caesar Salad 1 1/4 C PC Ranch Dressing 1ea Fresh Tangerine 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz				

Ironbound Catholic Academy



Lunch

PRICE: \$3.50

January 2017

STUDENT'S NAME:

GRADE:

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>All of our food is made fresh Daily.</i>	<i>Our Featured Wellness Item of the month is highlighted in orange.</i>		
<i>No Lunch</i>	3 French Toast Sticks 3ea-3oz Turkey Sausage Links 2ea-2oz Hash Brown 1 ea Sliced Peach Cup 1/2c 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz Maple Syrup PC 1ea	4 Crispy Chicken Breast 3oz Whole Wheat Bun 1ea Green Beans 3/4 Cup Mandarin Oranges 1/2 Cup 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	5 Homemade Beef Stew w/ Vegetables 6oz Whole Wheat Mountain Roll 1ea Corn 3/4 Cup 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	6 Whole Wheat Pizza 1ea Sliced Carrots 3/4 Cup Fresh Clementine 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz
9 W.G Chicken Nuggets 5ea Whole Wheat Bread 1sl Maple Baked Beans 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	10 Lasagna Rollette w/ Marinara Sauce 1ea-3.5oz Whole Wheat Mountain Roll 1ea Garden Salad 1 1/4 Cup PC Ranch Dressing 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	11 Baked Chicken Leg w/ BBQ Sauce 4oz Whole Wheat Biscuit 2 oz Collard Greens 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	12 2 Lean Beef Tacos 2ea Lean Beef Taco Meat 2.5oz Shredded Cheddar 1oz Shredded Lettuce 1/4 Cup Taco Shells (2) 2ea Corn 1/2 Cup Whole Wheat Bread 1sl 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	<i>No Lunch</i>
<i>No Lunch</i>	17 Meatballs w/ Marinara Sauce 4ea Whole Wheat Hero Roll 1ea Sliced Carrots 3/4 Cup Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	18 Grilled Lemon Chicken 2.5oz Whole Wheat Biscuit 2 oz Broccoli 3/4C 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	19 Meatloaf w/ Gravy 3oz Whole Wheat Mountain Roll 1ea Mashed Potatoes 3/4 Cup Fresh Apple Slices 1 Bag 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	20 Hamburger 2.8oz Whole Wheat Bun 1ea Green Beans 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea
23 All Beef Hot Dog 1ea Whole Wheat Hot Dog Bun 1ea Maple Baked Beans 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea PC Mustard 1ea	24 Cheese Ravioli w/ Marinara 6ea Whole Wheat Mountain Roll 1ea Broccoli 3/4C Fresh Apple Slices 1 Bag 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	25 Crispy Chicken Breast 3oz Whole Wheat Bun 1ea Mashed Sweet Potatoes 3/4 Cup Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	26 BBQ Beef Rib 1ea Whole Wheat Bun 1ea Corn on the Cob 1ea Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	27 Whole Wheat Pizza 1ea Green Bean/Wax Bean Blend 3/4 cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz
30 Grilled Chicken Breast 2.5oz Whole Wheat Bun 1ea Broccoli 3/4C Apple Sauce Cup 1/2C 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	31 Stuffed Shells w/ Marinara Sauce 2ea/4oz Whole Wheat Bread 1sl Honey Glazed Whole Baby Carrots 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz			