Iroquois
Pre-K Breakfast Menu

November 2025

Fresh Eats CAFETERIA

Director of Food & Nutrition
Amy Nolan | Phone: 814-899-7643 x 1509 | Email: anolan@thenutritiongroup.biz

Monday	Tuesday	Wednesday	Thursday	Friday
3 **Assorted Cereal w/ Crackers** Assorted Applesauce Juice Milk	**4** **Blueberry Muffin Flat** Ripe Banana Juice Milk	**5** **Assorted Mini Loaf w/ Crackers** Fresh Local Apple Juice Milk	**6** **Yogurt w/ Crackers** Apple Slices Juice Milk	**7** **String Cheese w/ Crackers** Assorted Craisins Juice Milk
10 **Assorted Cereal w/ Crackers** Assorted Applesauce Juice Milk	**11** **Cherry Muffin** Ripe Banana Juice Milk	**12** **Mini Waffles** Fresh Local Apple Juice Milk	**13** **String Cheese w/ Crackers** Apple Slices Juice Milk	**14** **Yogurt w/ Crackers** Assorted Craisins Juice Milk
17 **Assorted Cereal w/ Crackers** Assorted Applesauce Juice Milk	**18** **Mini Loaf w/ Jungle Crackers** Ripe Banana Juice Milk	**19** **Mini Chocolate Chip French Toast** Fresh Local Apple Juice Milk	**20** **Yogurt w/ Crackers** Apple Slices Juice Milk	**21** **Banana Muffin** Raspberry Lemonade Craisins Juice Milk
24 **Assorted Cereal w/ Crackers** Assorted Applesauce Juice Milk	**25** **French Toast** Ripe Banana Juice Milk	**26** NO SCHOOL	**27** happy thanksgiving NO SCHOOL	**28** NO SCHOOL

Happy Thanksgiving

We are thankful to see you every day.

WHAT MAKES A BREAKFAST?

You must choose at least 3 of the 4 components
Choice of 2 whole grains, 1 whole grain and 1 meat/meat alternate, or 2 meat/meat alternates.
Choice of 2 fruits and Choice of low-fat milk.
*½ c serving of fruits or vegetables must be one of the 3 components

MILK OPTIONS

Fat Free White, 1% White, Fat Free Chocolate, Fat Free Strawberry

FRUIT OPTIONS

May choose 2 - ½ cup servings
Crisp Apple, Banana, Fresh Orange, Fresh Apple Slices, Applesauce, Raisins, Craisins, Sliced Peaches, Mixed Fruit, Pineapple Tidbits, Mandarin Oranges, Diced Pears, 100% Juice

ALTERNATE MENU OPTIONS

Gluten Free and Dairy Free options are available

USDA is an equal opportunity provider, employer, and lender.
Menu subject to change.

Iroquois
Elementary Breakfast Menu

November 2025

Fresh Eats CAFETERIA

Director of Food & Nutrition
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Monday	Tuesday	Wednesday	Thursday	Friday
No School **Parent/Teacher Conferences**	**4** **Cherry Muffin** Ripe Banana Juice Milk	**5** **Goody Ring** Fresh Local Apple Juice Milk	**6** **Assorted Benefit Bar** Cinnamon Applesauce Juice Milk	**7** **Pumpkin Roll** Assorted Craisins Juice Milk
10 **Assorted Cereal** Raisins Juice Milk	**11** **Cinnamon Roll** Ripe Banana Juice Milk	**12** **Maple Waffle Snaps** Fresh Local Apple Juice Milk	**13** **Pull-a-Part Donut** Assorted Applesauce Juice Milk	**14** **Blueberry Muffin** Assorted Craisins Juice Milk
17 **Assorted Cereal** Raisins Juice Milk	**18** **Mini Chocolate Donuts** Ripe Banana Juice Milk	**19** **Cherry Muffin** Fresh Local Apple Juice Milk	**20** **Goody Ring** Cinnamon Applesauce Juice Milk	**21** **Assorted Pastry** Assorted Craisins Juice Milk
24 **Assorted Cereal** Raisins Juice Milk	**25** **Goody Bun** Ripe Banana Juice Milk	**26**  NO SCHOOL	**27**  NO SCHOOL	**28**  NO SCHOOL

Happy Thanksgiving

We are thankful to see you every day.

WHAT MAKES A BREAKFAST?

You must choose at least 3 of the 4 components
Choice of 2 whole grains, 1 whole grain and 1 meat/meat alternate, or 2 meat/meat alternates.
Choice of 2 fruits and Choice of low-fat milk.
*½ c serving of fruits or vegetables must be one of the 3 components

MILK OPTIONS

Fat Free White, 1% White, Fat Free Chocolate, Fat Free Strawberry

FRUIT OPTIONS

May choose 2 - ½ cup servings
Crisp Apple, Banana, Fresh Orange, Fresh Apple Slices, Applesauce, Raisins, Craisins, Sliced Peaches, Mixed Fruit, Pineapple Tidbits, Mandarin Oranges, Diced Pears, 100% Juice

ALTERNATE MENU OPTIONS

Gluten Free and Dairy Free options are available
Hot breakfast is offered to 5th and 6th grade students on Fridays.

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Menu subject to change.

Iroquois
Elementary Lunch Menu

November 2025

Fresh Eats CAFETERIA

Director of Food & Nutrition
Amy Nolan | Phone: 814- 899-7643 x 1509 | Email: anolan@thenutritiongroup.biz

Monday	Tuesday	Wednesday	Thursday	Friday
No School Parent/Teacher Conferences	4 French Toast Sticks w/ Sausage Patties Chicken Salad Wrap Juicy Cheeseburger PBJ Yogurt Parfait Hot Veg: Tater Tots	5 Cheese Pizza Popcorn Chicken Garden Salad Grilled 3-Cheese Panini Italian Hoagie Hot Veg: Steamed Broccoli	6 National Nacho Day Cheesy Beef Nachos w/ Fresh Bread Smith's Hot Dog Fruit & Yogurt Parfait Apple & PB Munchable Hot Veg: Steamed Corn	7 Pepperoni Pizza Chicken Nuggets w/ Noodles Chef Salad w/ Bread Ham & Cheese Wrap Hot Veg: Baked Beans
10 Hunan Orange Dumplings w/ Fried Rice Garden Salad w/ Ham & Fresh Bread Corn Dog Nuggets Hot Veg: Green Beans	11 Bosco Sticks Bacon Cheeseburger PBJ Yogurt Parfait Buffalo Chicken Wrap Hot Veg: French Fries	12 Pepperoni Pizza Cheese Tortellini w/ Alfredo Sauce & Garlic Toast Popcorn Chicken Garden Salad Grilled Chicken Caesar Wrap Hot Veg: Cauliflower	13 Meatball Hoagie Smith's Hot Dog Apple & PB Munchable Fruit & Yogurt Parfait Hot Veg: Steamed Corn	14 Cheese Pizza Chicken Nuggets w/ Noodles Chef Salad w/ Bread Turkey & Cheese Wrap Hot Veg: Mixed Vegetables
17 Walking Taco w/ Beef, Cheese, & Nacho Chips Corn Dog Nuggets Chicken Ceasar Salad Hot Veg: Golden Corn	18 3-Cheese Stromboli PBJ Yogurt Parfait Juicy Cheeseburger Ham & Cheese Sandwich Hot Veg: Baked Beans	19 Cheese Pizza Chicken Quesadilla Popcorn Chicken Garden Salad Turkey & Cheese Wrap Hot Veg: Green Beans	20 Harvest Feast Turkey, Stuffing & Gravy Smith's Hot Dog Apple & PB Munchable Fruit & Yogurt Parfait Mashed Potatoes Festive Harvest Dessert	21 Pepperoni Pizza Chicken Nuggets w/ Noodles Chef Salad w/ Bread Grilled Cheese Hot Veg: Broccoli
24 Corn Dog Nuggets Macaroni & Cheese w/ Garlic Toast Italian Dunkers Chicken Nugget Munchable Hot Veg: Steamed Carrots	25 Fiestada Pizza PBJ Yogurt Parfait Juicy Hamburger Turkey & Cheese Sandwich Hot Veg: Golden Corn	26  NO SCHOOL	27  NO SCHOOL	28  NO SCHOOL

Happy Thanksgiving

Nutrition fuels your brain and body.

WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the school lunch price.
Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread, and Choice of Milk
*Students must choose at least one fruit or vegetable

MILK OPTIONS

Fat Free White, 1% White, Fat Free Chocolate, Fat Free Strawberry

FRUIT & VEGGIE OPTIONS

Broccoli Florets | Baby Carrots
Dark Leafy Greens |Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings
Crisp Apple | Sliced Peaches | Mixed Fruit
Fresh Orange | Banana | Pineapple Tidbits
Diced Pears | Applesauce

*K-8 may choose up to 1/2 cup serving.
9th-12th may choose two 1/2 cup servings

ALTERNATE MENU OPTIONS

7 Entrees are offered daily and may include:
Assorted Salads w/ Fresh Bread
Deli Sandwiches
Crispy Chicken Patty
Hamburger/Cheeseburger
Lunch Box Helper
Assorted Munchables
Yogurt Parfaits
Peanut Butter and Jelly Sandwich w/ String Cheese
Gluten Free and Dairy Free Options

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Menu subject to change.

Iroquois
High School Breakfast Menu

November 2025

Director of Food & Nutrition
Amy Nolan | Phone: 814- 899-7643 x 1509 | Email: anolan@thenutritiongroup.biz

Fresh EATS BISTRO

Monday	Tuesday	Wednesday	Thursday	Friday
No School	4 Egg & Cheese on an English Muffin Warm Cinnamon Roll French Toast Sticks	5 Breakfast Burrito w/ Sausage, Egg, and Cheese Bagel w/ Cream Cheese Strawberry Smoothie w/ Crackers	6 Apple Cobbler Overnight Oats Bacon, Egg, & Cheese Bagel Sandwich	7 Build Your Own Waffle Bar w/ Assorted Toppings Sausage & Cheese on an English Muffin Warm Cinnamon Roll
10 Breakfast Chicken on a Biscuit Bagel w/ Cream Cheese	11 Egg & Cheese on an English Muffin Breakfast Pizza French Toast Sticks	12 Breakfast Burrito w/ Sausage, Egg, and Cheese Bagel w/ Cream Cheese Strawberry Smoothie w/ Crackers	13 Apple Cobbler Overnight Oats Bacon, Egg, & Cheese Bagel Sandwich	14 Build Your Own Waffle Bar w/ Assorted Toppings Sausage & Cheese on an English Muffin Warm Cinnamon Roll
17 Breakfast Chicken on a Biscuit Bagel w/ Cream Cheese	18 Egg & Cheese on an English Muffin Breakfast Pizza French Toast Sticks	19 Breakfast Burrito w/ Sausage, Egg, and Cheese Bagel w/ Cream Cheese Strawberry Smoothie w/ Crackers	20 Apple Cobbler Overnight Oats Bacon, Egg, & Cheese Bagel Sandwich	21 Build Your Own Yogurt Parfait w/ Assorted Toppings Sausage & Cheese on an English Muffin Warm Cinnamon Roll
24 Breakfast Chicken on a Biscuit Bagel w/ Cream Cheese	25 Egg & Cheese on an English Muffin Breakfast Pizza French Toast Sticks	26  NO SCHOOL	27  NO SCHOOL	28  NO SCHOOL

Happy Thanksgiving

Be thankful for your family near or far.

WHAT MAKES A BREAKFAST?

You must choose at least 3 of the 4 components
Choice of 2 whole grains, 1 whole grain and 1 meat/meat alternate, or 2 meat/meat alternates.
Choice of 2 fruits and Choice of low-fat milk.
*½ c serving of fruits or vegetables must be one of the 3 components

MILK OPTIONS

Fat Free White, 1% White, Fat Free Chocolate, Fat Free Strawberry

FRUIT OPTIONS

May choose 2 - ½ cup servings
Crisp Apple, Banana, Fresh Orange, Fresh Apple Slices, Applesauce, Raisins, Craisins, Sliced Peaches, Mixed Fruit, Pineapple Tidbits, Mandarin Oranges, Diced Pears, 100% Juice

ALTERNATE MENU OPTIONS

Assorted Cereal, Cereal Bars, Benefit Bars, Crackers, Muffins, Pastries, Pop-Tarts, Zee Zee Bars, Chocolate Chip Waffle Snaps, Iced, Powdered, & Chocolate Donuts, Mini Eggo Pancakes, Waffles, Bagels, & French Toast

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The Nutrition Group

Iroquois
HighSchool Lunch Menu

November 2025

Director of Food & Nutrition
Amy Nolan | Phone: 814- 899-7643 x 1509 | Email: anolan@thenutritiongroup.biz

fresh EATS BISTRO

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 **Breaded Chicken Parmesan & Pasta** Steamed Green Beans	5 **French Toast Sticks w/ Sausage Patties** Tater Tots	6 National Nacho Day! **BYO Nacho Bar Assorted Toppings** Refried Beans	7 **Italian Sausage & Peppers Flatbread** Seasoned, Steamed Carrots
10 **Pierogies w/ Sauteed Peppers & Onions & Fresh Bread** Steamed Peas	11 **Peruvian Baked Chicken w/ Rice** Steamed Corn	12 **Queso Cheesesteak Hoagie** Steamed Carrots	13 Farm to Fork! **BYO Smashburger w/ Cheese, Bacon, and Assorted Toppings** French Fries	14 **Boneless Wings w/ Garlic Toast** BBQ Baked Beans
17 **Walking Taco w/ Beef, Cheese, Nacho Chips & Fresh Bread** Seasoned Corn	18 **Mandarin Orange Chicken Bowl w/ Rice** Oriental Vegetables	19 Harvest Feast! **Roasted Turkey, Mashed Potatoes, Stuffing, Gravy** Seasoned Green Beans Seasonal Dessert	20 **Loaded Fries w/ Beef & Cheese** Steamed Peas	21 **Fiery Buffalo Chicken Panini** Seasoned Cauliflower
24 **Dill Chicken Sandwich** Nashville Hot Tater Tots	25 **Chicken Quesadilla w/ Salsa & Sour Cream** Seasoned Refried Beans	26 NO SCHOOL	27 happy thanksgiving NO SCHOOL	28 NO SCHOOL

Happy Thanksgiving

Ifthere's aVeteranin yourfamily, thank themfortheir service.

THE PIZZERIA
Cheese Pizza
Pepperoni Pizza
Hot Honey Pizza
Buffalo Chicken
Veggie Pizza
Italian Dunkers
Sausage Pizza
BBQ Chicken
White Pizza
Stromboli's
Pinwheels
Pockets

THE GRILL
Chicken Patty
Spicy Chicken Patty
Hamburger
Cheeseburger
Bacon Cheeseburger
Smith's Hot Dog
Grilled Chicken Sandwich

GRAB N' GO
Yogurt Parfait w/ Granola

MTO Subs, Salads, & Wraps

Triple Decker PBJ

WHAT MAKES A MEAL?
Youmustchoose at least 3 of 5components available for the school lunch price.
Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread, and Choice of Milk
*Students must choose at least one fruit or vegetable

MILK OPTIONS
Fat FreeWhite, 1%White,FatFreeChocolate, Fat Free Strawberry

FRUIT & VEGGIE OPTIONS
Broccoli Florets | BabyCarrots
Dark Leafy Greens |Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings
Crisp Apple | Sliced Peaches | Mixed Fruit
Fresh Orange | Banana | Pineapple Tidbits
Diced Pears | Applesauce

*K-8 may choose up to 1/2 cup serving.
9th-12th may choose two 1/2 cup servings

ALTERNATE MENU OPTIONS
We are happy to accommodate special dietary needs. Please contact your Director of Food and Nutrition for more information.

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The Nutrition Group