Iroquois
Elementary Breakfast Menu

October 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
Principal Month What's your Halloween costume? Hope it's spooktacular.		1 **Mini Chocolate Donuts** Fresh Local Apple Juice Milk	2 **Pull Apart Cinnamon Rolls** Blue Raspberry Applesauce Juice Milk	3 **Mini Strawberry Cream Cheese Bagels** Assorted Craisins Juice Milk
6 **Assorted Cereal** Raisins Juice Milk	7 **Cinnamon Roll** Ripe Banana Juice Milk	8 **Choco Crisp Cereal Bar** Fresh Local Apple Juice Milk	9 **Goody Ring** Cinnamon Applesauce Juice Milk	10 **Chocolate Chip Muffin Flat** Assorted Craisins Juice Milk
13 **Assorted Cereal** Raisins Juice Milk	14 **Goody Bun** Ripe Banana Juice Milk	15 **Birthday Cake Zee Zee Bar** Fresh Local Apple Juice Milk	16 **Mini Chocolate Donuts** Blue Raspberry Applesauce Juice Milk	17 **Assorted Benefit Bar** Assorted Craisins Juice Milk
20 **Assorted Cereal** Raisins Juice Milk	21 **Pull-Apart Donut** Ripe Banana Juice Milk	22 **Goody Ring** Fresh Local Apple Juice Milk	23 **Pop-Tarts** Birthday Cake Applesauce Juice Milk	24 **Cinnamon Roll** Assorted Craisins Juice Milk
27 **Assorted Cereal** Raisins Juice Milk	28 **Mini Chocolate Donuts** Ripe Banana Juice Milk	29 **Assorted Benefit Bars** Fresh Local Apple Juice Milk	30 **Chocolate Chip Waffle Snaps** Strawberry Banana Applesauce Juice Milk	31 **Birthday Cake Zee Zee Bar** Assorted Craisins Juice Milk

National School Lunch Week

WHAT MAKES A BREAKFAST?

You must choose at least 3 of the 4 components
Choice of 2 whole grains or 1whole grain and a meat/meat alternate
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.

This institution is an equal opportunity provider.
Menu subject to change.

The Nutrition Group

Iroquois
Pre-K Breakfast Menu

October 2025

Fresh Eats CAFETERIA

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Amy Nolan | Phone: 814- 899-7643 x 1509 | Email: anolan@thenutritiongroup.biz

Monday	Tuesday	Wednesday	Thursday	Friday
Principal Month **What's your Halloween costume? Hope it's spooktacular.**		1 **Mini Maple Waffles** Fresh Local Apple Juice Milk	2 **String Cheese w/ Crackers** Apple Slices Juice Milk	3 **Cherry Muffin** Raisins Juice Milk
6 **Assorted Cereal w/ Crackers** Blue Raspberry Applesauce Juice Milk	7 **Mini Loaf w/ Jungle Crackers** Ripe Banana Juice Milk	8 **Mini Chocolate Chip French Toast** Fresh Local Apple Juice Milk	9 **Yogurt w/ Crackers** Apple Slices Juice Milk	10 **Banana Muffin** Raspberry Lemonade Craisins Juice Milk
National School Lunch Week 13 **Assorted Cereal w/ Crackers** Cinnamon Applesauce Juice Milk	14 **Yogurt w/ Crackers** Ripe Banana Juice Milk	15 **Strawberry Cream Cheese Mini Bagels** Fresh Local Apple Juice Milk	16 **Mini Loaf w/ Jungle Crackers** Apple Slices Juice Milk	17 **String Cheese w/ Crackers** Raisins Juice Milk
20 **Assorted Cereal w/ Crackers** Birthday Cake Applesauce Juice Milk	21 **Yogurt w/ Crackers** Ripe Banana Juice Milk	22 **Mini Maple Waffles** Fresh Local Apple Juice Milk	23 **String Cheese w/ Crackers** Apple Slices Juice Milk	24 **Cinnamon Cream Cheese Mini Bagels** Raspberry Lemonade Craisins Juice Milk
27 **Assorted Cereal w/ Crackers** Cinnamon Applesauce Juice Milk	28 **Yogurt w/ Crackers** Ripe Banana Juice Milk	29 **Mini French Toast** Fresh Local Apple Juice Milk	30 **Banana Mini Loaf w/ Crackers** Apple Slices Juice Milk	31 **String Cheese w/ Crackers** Raisins Juice Milk

WHAT MAKES A BREAKFAST?

You must choose at least 3 of the 4 components
Choice of 2 whole grains or 1whole grain and a meat/meat alternate
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

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Iroquois
Elementary Lunch Menu

October 2025

Fresh Eats CAFETERIA

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Monday	Tuesday	Wednesday	Thursday	Friday
Principal Month Thank your principal during National Principal Month.		**1** Beefaroni w/ Fresh Bread Pepperoni Pizza Grilled Chicken Caesar Wrap Popcorn Chicken Garden Salad Hot Veg: Seasoned Steamed Cauliflower	**2** Chicken & Broccoli Alfredo Smith's Hot Dog Fruit & Yogurt Parfait Soft Pretzel Bites, Yogurt & Celery Munchable Hot Veg: Seasoned Steamed Broccoli	**3** Chicken Nuggets w/ Buttered Noodles Chef Salad w/ Turkey, Ham, & Bread Cheese Pizza Hot Veg: Seasoned Steamed Green Beans
6 Walking Taco w/ Doritos Grilled Chicken Caesar Salad Corn Dog Nuggets Ham & Cheese Munchable Hot Veg: Seasoned Steamed Golden Corn	**7** 3 Cheese Fresh Dough Stromboli Ham & Cheese Sandwich Cheeseburger Hot Veg: Baked Beans	**8** Cheese Pizza Chicken Quesadilla Garden Salad w/ Egg & Cheese Turkey & Cheese Wrap Hot Veg: Seasoned Steamed Golden Corn	**9** French Toast Sticks w/ 2 Sausage Patties BYO Pizza Munchable Smith's Hot Dog Hot Veg: Crispy Tater Tots	**10** Cheese Pizza Chicken Nuggets w/ Noodles Grilled Cheese Ham & Cheese Wrap Hot Veg: Seasoned Steamed Broccoli
13 Freshly Baked Italian Dunkers Chef Salad w/ Turkey, Ham, & Bread Corn Dog Nuggets Chicken Nugget Munchable Hot Veg: Seasoned Steamed Carrots	**14** Beef Burrito Bowl Ham & Cheese Sandwich Hamburger Hot Veg: Seasoned Steamed Corn	**15** Teriyaki Dumplings and Rice Pepperoni Pizza Crispy Chicken Caesar Salad Chicken Nugget Munchable Hot Veg: Baked French Fries	**16** Dutch Waffle & Chicken Nacho Munchable Smith's Hot Dog Hot Veg: Tater Tots	**17** Baked Penne w/ Garlic Toast Chicken Nuggets & Noodles Italian Salad Cheese Pizza Hot Veg: Seasoned Steamed Broccoli
20 Hot Turkey Sandwich w/ Gravy Corn Dog Nuggets Garden Salad w/ Crispy Chicken BYO Pizza Munchable Hot Veg: Mashed Potatoes & Gravy	**21** Meatball Hoagie Breaded Chicken Ranch Wrap Juicy Hamburger Hot Veg: Baked French Fries	**22** Chicken & Broccoli Alfredo Pepperoni Pizza Italian Wrap Chef Salad Hot Veg: Seasoned Steamed Green Beans	**23** Mandarin Orange Chicken w/ Rice Chicken Nugget Munchable Smith's Hot Dog Hot Veg: Seasoned Steamed Broccoli	**24** Pepperoni Pizza Hot Ham & Cheese Sandwich Garden Salad w/ Egg & Cheese Nuggets and Noodles Hot Veg: Seasoned Steamed Corn
27 Macaroni & Cheese w/ Garlic Toast Corn Dog Nuggets Salad w/ Ham & Bread Turkey & Cheese Munchable Hot Veg: Seasoned Steamed Peas	**28** Cheese Ravioli w/ Marinara & Garlic Toast Italian Wrap Bacon Cheeseburger Hot Veg: Seasoned Golden Corn	**29** Cheese Pizza Chicken Salad Sandwich Italian Salad w/ Fresh Bread Tangy BBQ Chicken Dunkers Hot Veg: Seasoned Steamed Cauliflower	**30** Popcorn Chicken Bowl w/ Fresh Bread Smith's Hot Dog Nacho Munchable Hot Veg: Creamy Mashed Potatoes w/ Gravy	**31** Cheese Pizza Cheesy Beef Nachos Grilled Chicken Caesar Salad Chicken Nuggets w/ Noodles Hot Veg: Seasoned Steamed Broccoli

National School Lunch Week

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
Munchables
Fruit and Yogurt Parfaits
Peanut Butter and Jelly Sandwich
Gluten Free and Dairy Free Options

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The Nutrition Group

Iroquois
High School Lunch Menu

October 2025

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Amy Nolan | Phone: 814- 899-7643 x 1509 | Email: anolan@thenutritiongroup.biz

fresh EATS BISTRO

Monday	Tuesday	Wednesday	Thursday	Friday
Principal Month Thank your principal during National Principal Month.		1 **Hot Honey Chicken Flatbread** Steamed Corn	2 **Meatball Hoagie** BBQ Bacon Baked Beans	3 **Hot Ham & Cheese on a Pretzel Bun** French Fries
6 **Beef Walking Taco w/ Doritos** Steamed Corn	7 **Mandarin Orange Chicken & Rice** Steamed Oriental Vegetables	8 **French Toast Sticks w/ Sausage Patties** Tater Tots	9 **Beef Burrito Bowl** Seasoned Steamed Peas	10 **Fiery Buffalo Chicken Panini** Seasoned Steamed Cauliflower
13 **Korean BBQ Dumplings w/ Fried Rice** Steamed Green Beans	14 **Chicken Quesadilla w/ Salsa & Sour Cream** Seasoned Refried Beans	15 **Beef & Cheese Loaded Fries w/ Garlic Toast** Steamed Corn	16 **Chicken & Broccoli Alfredo w/ Fresh Bread** Steamed Broccoli	17 **Meatball Hoagie** Baked French Fries
20 **BBQ Pulled Pork Sandwich** Baked Beans	21 **Popcorn Chicken Bowl w/ Fresh Bread** Mashed Potatoes & Gravy	22 **Macaroni & Cheese w/ Garlic Toast** Steamed Carrots	23 **Chicken Ramen Noodle Bowl w/ Veggies & Bread** Mixed Vegetables	24 **Nashville Hot Honey Chicken Sandwich** Steamed Cauliflower
27 **Cheesy Chicken Cheesesteak** Tater Tots	28 **Beef Walking Taco w/ Doritos** Steamed Corn	29 **Jumbo Cheese Ravioli Rosa Bianca** Steamed Peas	30 **Cheesy Meatball Flatbread** Steamed Carrots	31 **Boneless Wings** Steamed Broccoli

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
Corn Dogs

GRAB N' GO

Fruit & Yogurt Smoothie

MTO Subs, Salad, & Wraps

Triple Decker PBJ

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

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

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