



IONA PREPARATORY UPPER SCHOOL

2024
**OCTOBER
LUNCH MENU**

BREAKFAST



Breakfast Sandwiches, Bagels, Rolls, Croissants, Fruit, Yogurt, French Toast, Breakfast Platters, Cereal, Muffins, Donuts & Daily Specials



LUNCH

Pizza, Salad & Sandwich Bar, Chicken Tenders, Fries, Mozzarella Sticks, Hamburgers, Cheeseburgers, Bacon Cheeseburgers, Chicken Sandwich, Jamaican Beef Patties, Chicken Cutlet, Grilled Chicken, Vegetables, Cookies, Brownies, Fruit, Yogurt Parfaits, Snacks, Ice Cream - Assorted Wraps, Sandwiches, Salads & Daily Specials!



****We Accept All Debit/Credit Cards, Apple Pay, MyKidsSpending.com (ID Card) and Cash****

If Your Child Has a Food Allergy or You Have Feedback Please Contact BMancini@lessings.com



	TUESDAY, OCTOBER 1	WEDNESDAY, OCTOBER 2	THURSDAY, OCTOBER 3	FRIDAY, OCTOBER 4
	<u>Assorted Empanadas</u> w/ Yellow Rice <u>Macaroni & Cheese</u> w/ Chicken & Garlic Knot	<u>Chipotle Chicken Wrap</u> w/ Waffle Fries <u>Penne alla Vodka</u> w/ Chicken & Garlic Knot	**LIMITED MENU** **OLYMPIC DAY** **LIMITED MENU** **OLYMPIC DAY** **LIMITED MENU**	<u>Chicken Fajita Bowl</u> w/ White Rice <u>Rigatoni with Pink Sauce</u> w/ Chicken & Garlic Knot
MONDAY, OCTOBER 7	TUESDAY, OCTOBER 8	WEDNESDAY, OCTOBER 9	THURSDAY, OCTOBER 10	FRIDAY, OCTOBER 11
<u>Chicken Parmigiana Sliders</u> w/ Curly Fries <u>Chicken Francese</u> w/ Mashed Potatoes	<u>Assorted Chicken Wings</u> w/ French Fries <u>Baked Ziti</u> w/ Chicken & Garlic Knot MASS SCHEDULE	<u>Chicken Kabobs</u> w/ White Rice <u>Cavatelli with Broccoli</u> w/ Chicken & Garlic Knot	"DIY" Chipotle Bowls Beef OR Chicken <u>Cheese Ravioli</u> w/ Chicken & Garlic Knot	<u>Assorted Paninis</u> w/ Sweet Potato Fries <u>Chicken Teriyaki Bowl</u> w/ Brown Rice
MONDAY, OCTOBER 14	TUESDAY, OCTOBER 15	WEDNESDAY, OCTOBER 16	THURSDAY, OCTOBER 17	FRIDAY, OCTOBER 18
 HAPPY COLUMBUS DAY	<u>Assorted Quesadillas</u> w/ Waffle Fries <u>Rigatoni Bolognese</u> w/ Garlic Knot	**BREAKFAST ONLY** **PSAT TESTING** **BREAKFAST ONLY** **PSAT TESTING** **BREAKFAST ONLY**	<u>Chicken Martini</u> w/ Mashed Potatoes & Broccoli <u>Chicken Fajita Wrap</u> w/ French Fries 2:00 DISMISSAL	<u>Texas Toast Grilled Cheese</u> w/ Fries OR Tomato Soup <u>Penne Primavera</u> w/ Chicken & Garlic Knot
MONDAY, OCTOBER 21	TUESDAY, OCTOBER 22	WEDNESDAY, OCTOBER 23	THURSDAY, OCTOBER 24	FRIDAY, OCTOBER 25
<u>General Tso's Chicken</u> w/ Fried Rice <u>Sweet Chili Chicken</u> w/ Fried Rice	<u>Taco Tuesday</u> Beef OR Chicken w/ Yellow Rice <u>Seasoned Baked Chicken</u> w/ Yellow Rice	<u>Assorted Snack Wraps</u> w/ Crinkle Fries <u>Chicken Parmigiana</u> w/ Penne Marinara	"DIY" Burger Bar w/ Tater Tots <u>Penne alla Vodka</u> w/ Chicken & Garlic Knot OPEN HOUSE	**NO LUNCH** **NO LUNCH** **NO LUNCH** **NO LUNCH** **NO LUNCH**
MONDAY, OCTOBER 28	TUESDAY, OCTOBER 29	WEDNESDAY, OCTOBER 30	THURSDAY, OCTOBER 31	
<u>Chicken Marsala</u> w/ Mashed Potatoes <u>Tortellini Alfredo</u> w/ Chicken & Garlic Bread	<u>Meatball Parmigiana Hero</u> w/ French Fries <u>Rigatoni with Creamy Pesto</u> w/ Chicken & Garlic Knot	<u>Philly Cheesesteak Wrap</u> w/ Curly Fries <u>Macaroni & Cheese</u> w/ Chicken & Garlic Knot	"DIY" Chipotle Bowls Beef OR Chicken <u>Rigatoni with Pink Sauce</u> w/ Chicken & Garlic Knot	