



IONA PREPARATORY UPPER SCHOOL

2024 NOVEMBER 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



				FRIDAY, NOVEMBER 1 MegaHouse Wrap w/ Mac & Cheese, Chicken Cutlet, Bacon & Hot Sauce Penne alla Vodka w/ Chicken & Garlic Knot MASS SCHEDULE
MONDAY, NOVEMBER 4	TUESDAY, NOVEMBER 5	WEDNESDAY, NOVEMBER 6	THURSDAY, NOVEMBER 7	FRIDAY, NOVEMBER 8
Pepper Steak w/ White Rice Baked Ziti w/ Chicken & Garlic Knot	General Tso's Chicken w/ Fried Rice & Spring Roll Chicken Lo Mein w/ Spring Roll SENIOR RETREAT	Buffalo Chicken Quesadilla w/ Waffle Fries Rigatoni in Pink Sauce w/ Chicken & Garlic Knot SENIOR RETREAT	Chicken Parmigiana w/ Penne Marinara Chicken Fajita Wrap w/ Sweet Potato Fries SENIOR RETREAT	Assorted Chicken Wings w/ Curly Fries Macaroni & Cheese w/ Chicken & Garlic Knot
MONDAY, NOVEMBER 11	TUESDAY, NOVEMBER 12	WEDNESDAY, NOVEMBER 13	THURSDAY, NOVEMBER 14	FRIDAY, NOVEMBER 15
 VETERANS DAY	"DIY" Tacos Beef OR Chicken w/ White Rice Texas Toast Grilled Cheese w/ Tomato Soup OR Waffle Fries	"DIY" Mediterranean Bowl Steak OR Chicken Cheese Ravioli w/ Chicken & Garlic Knot	Philly Cheesesteak Wrap w/ Curly Fries Chicken Martini w/ Mashed Potato & Broccoli GAEL DAY	**NO LUNCH** **NO LUNCH** **NO LUNCH** **NO LUNCH** **NO LUNCH**
MONDAY, NOVEMBER 18	TUESDAY, NOVEMBER 19	WEDNESDAY, NOVEMBER 20	THURSDAY, NOVEMBER 21	FRIDAY, NOVEMBER 22
"DIY" Chipotle Bowls Steak OR Chicken Penne alla Vodka w/ Chicken & Garlic Knot	Assorted Snack Wraps w/ French Fries Rigatoni Bolognese w/ Garlic Bread	Chicken Francese w/ Penne Pasta Assorted Paninis w/ Waffle Fries	Chicken Teriyaki w/ White Rice Cavatelli with Broccoli w/ Chicken & Garlic Knot	Chicken Parmigiana Sliders w/ Tater Tots Chicken Scarpariello w/ Spaghetti
MONDAY, NOVEMBER 25	TUESDAY, NOVEMBER 26	WEDNESDAY, NOVEMBER 27	THURSDAY, NOVEMBER 28	FRIDAY, NOVEMBER 29
Meatball Parmigiana Hero w/ Crinkle Fries Spaghetti & Meatballs w/ Garlic Knot	Roasted Turkey w/ Mashed Potatoes, Green Beans & Gravy Macaroni & Cheese w/ Chicken & Garlic Knot THANKSGIVING MASS	 HAPPY Thanksgiving	 HAPPY Thanksgiving	 HAPPY Thanksgiving