

Ithaca City School District Elementary School Lunch Menu February 2019

Available Daily

Build Your Own Salad and
Vegetable Sides

Fruit and Yogurt Parfait/Granola

Assorted Sandwiches

Bagel Lunch

Fresh Fruit/Fruit Cups and Juice

School lunch includes:

One entrée , two sides (includes vegetables & fruits), and milk.
Students may take all five components of the meal but must take at least three.
One of the three must be a vegetable or fruit.

COOL SCHOOL FOOD: Plant Powered Foods from Around the World (V)
Cool School Food family size recipes you can make at home: www.healthyschoolfood.org/recipes.htm
Power Hummus Available on Salad Bar Daily
Don't Forget February Break is 18-22

Prices

Does not apply to students receiving free meals.

Breakfast

Elementary.....\$1.55
Middle.....\$1.80
High School/LACS...\$2.05
Adult w/ Tax.....\$3.00

Lunch

Elementary.....\$2.65
Middle.....\$2.90
High School/LACS...\$3.15
Adult w/Tax.....\$4.26
A la carte milk.....\$0.75
Reduced Meals.....\$0.25

For free, reduced, or prepaid meal information call our food service office at (607) 274-2302.

	Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	Friday, February 1
ENTRÉE	Corn Dog Uncrustable PBJ Sandwich(veg)	Roy's Cuban Wrap (V) Cheesy Chicken Quesadilla	Popcorn Chicken Bowl w/Homemade Mashed Potatoes	Pasta Fazool (V) Grilled Cheese Sandwich	Cheese Pizza (veg) Vegetable Pizza (veg)
SIDES	Steamed Green Beans Salad, Vegetable and Fruit Sides	Carrot Salad Salad, Vegetable and Fruit Sides	Steamed Corn Salad, Vegetable and Fruit Sides	Tomato Soup Salad, Vegetable and Fruit Sides	Steamed Broccoli Salad, Vegetable and Fruit Sides
	Monday, February 4	Tuesday, February 5	Wednesday, February 6	Thursday, February 7	Friday, February 8
ENTRÉE	Tyson Chicken Tenders n' Waffles	Roy's Cuban Wrap (V) Beef Taco Salad w/Scoops	Ithaca Tofu Fried Rice (V) Or Chicken Fried Rice	Awesome Bean Burger (V) Deluxe Burger Each served on a roll	Cheese Pizza (veg) Pepperoni Pizza
SIDES	Steamed Carrots Salad, Vegetable and Fruit Sides	Corn and Black Bean Salad Salad, Vegetable and Fruit Sides	Steamed Green Broccoli Salad, Vegetable and Fruit Sides	Oven Baked Fries Salad, Vegetable and Fruit Sides	Steamed Broccoli Salad, Vegetable and Fruit Sides
	Monday, February 11	Tuesday, February 12	Wednesday, February 13	Thursday, February 14	Friday, February 15
ENTRÉE	Oven Roasted Chicken Uncrustable PBJ Sandwich(veg)	Pretzel w/Power Hummus (V) Chicken Tator Tot Casserole	<u>Winter Extravaganza</u> Homemade Chicken n' Gravy w/ Biscuit	Whole Enchilda(V) Cheesy Beef Quesadilla	Cheese Pizza (veg) Vegetable Pizza (veg)
SIDES	Steamed Broccoli Salad, Vegetable and Fruit Sides	Steamed Corn Salad, Vegetable and Fruit Sides	Homemade Mashed Potato (L)/Corn Salad, Vegetable and Fruit Sides	Steamed Carrots Salad, Vegetable and Fruit Sides	Steamed Broccoli Salad, Vegetable and Fruit Sides
	Monday, February 25	Tuesday, February 26	Wednesday, February 27	Thursday, February 28	Friday, March 1
ENTRÉE	Tyson Chicken Drumsticks w/ Dinner Roll	Awesome Bean Burger (V) Deluxe Burger Each served on a roll	Baked Ziti & Meatsauce and Ithaca Bakery Bread w/Garlic Seasoning (L)	North African Red Lentils and Couscous (V) Grilled Cheese	Cheese Pizza (veg) Pepperoni Pizza
SIDES	Steamed Green Beans Salad, Vegetable and Fruit Sides	Oven Baked Fries Salad, Vegetable and Fruit Sides	Steamed Broccoli Salad, Vegetable and Fruit Sides	Tomato Soup Salad, Vegetable and Fruit Sides	Steamed Broccoli Salad, Vegetable and Fruit Sides

Key: (L) = local, (N) = new item, (V) = vegan, (veg) = vegetarian