

**Available Daily**

Fruit and Yogurt Parfait/Granola  
Assorted Sandwiches  
Bagel Lunch

**Build Your Own Salad and  
Vegetable Sides,**

**Fresh Fruit/Fruit Cups and Juice  
Available Daily**

**Vegetarian Choice \*\***

**Choice of Milk**

**January 2019**

**Elementary School Lunch Menu**

Our school lunch includes the choice of one entrée, two side dishes & milk

We are trying some new menus and recipes see \*\* below

**COOL SCHOOL FOOD:**

Plant Powered Foods from Around the World are labeled with a \*

Cool School Food family size recipes you can make at home:

[www.healthyschoolfood.org/recipes.htm](http://www.healthyschoolfood.org/recipes.htm)

**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 : \$.25

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

		Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
<b>ENTRÉE</b>			<b>Hot dog on Bun Awesome Bean Burger *</b>	<b>Pasta Fazool * Grilled Cheese Sandwich</b>	<b>Cheese Pizza;Pepperoni Pizza</b>
<b>SIDES</b>			<b>Oven Baked Fries Salad, Vegetable and Fruit Sides</b>	<b>Carrot Salad Salad, Vegetable and Fruit Sides</b>	<b>Steamed Broccoli Salad, Vegetable and Fruit Sides</b>
	Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
<b>ENTRÉE</b>	<b>Chicken Tenders n' Waffles</b>	<b>Roy's Cuban Wrap* Beef Taco Salad w/Scoops</b>	<b>Ithaca Tofu Fried Rice* Or Chicken Fried Rice</b>	<b>Awesome Bean Burger * on Roll Deluxe Burger on Roll</b>	<b>Cheese Pizza;Pepperoni Pizza</b>
<b>SIDES</b>	<b>Steamed Carrots Salad, Vegetable and Fruit Sides</b>	<b>Corn and Black Bean Salad Salad, Vegetable and Fruit Sides</b>	<b>Steamed Green Broccoli Salad, Vegetable and Fruit Sides</b>	<b>Oven Baked Fries Salad, Vegetable and Fruit Sides</b>	<b>Steamed Broccoli Salad, Vegetable and Fruit Sides</b>
	Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
<b>ENTRÉE</b>	<b>Oven Roasted Chicken Uncrustable PBJ Sandwich</b>	<b>Sloppy Joes on Roll Roy's Bean Burrito</b>	<b>Winter Extravaganza Homemade Chicken n' Gravy w/ Biscuit</b>	<b>Power Hummus n Pretzels* New- Chicken Tator Tot Pie</b>	<b>Cheese Pizza;Pepperoni Pizza</b>
<b>SIDES</b>	<b>Steamed Broccoli Salad, Vegetable and Fruit Sides</b>	<b>Steamed Corn Salad, Vegetable and Fruit Sides</b>	<b>Homemade Mashed Potato/Corn Salad, Vegetable and Fruit Sides</b>	<b>Steamed Carrots Salad, Vegetable and Fruit Sides</b>	<b>Steamed Broccoli Salad, Vegetable and Fruit Sides</b>
	Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
<b>ENTRÉE</b>	<b>Martin Luther King Jr. Day</b>	<b>Awesome Bean Burger * on Roll Deluxe Burger on Roll</b>	<b>Baked Ziti **w/ Meatsauce and Garlic Bread</b>	<b>North African Red Lentils and Couscous* Grilled Cheese</b>	<b>Cheese Pizza;Pepperoni Pizza</b>
<b>SIDES</b>		<b>Oven Baked Fries Salad, Vegetable and Fruit Sides</b>	<b>Steamed Broccoli Salad, Vegetable and Fruit Sides</b>	<b>Tomato Soup Salad, Vegetable and Fruit Sides</b>	<b>Steamed Broccoli Salad, Vegetable and Fruit Sides</b>