

Ithaca City School District Elementary School Lunch Menu March 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

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, March 4	Tuesday, March 5	Wednesday, March 6	Thursday, March 7	Friday, March 8
ENTRÉE	Tyson Chicken Tenders w/Waffles	Roy's Cuban Wrap (V) Cheesy Chicken Quesadilla	Popcorn Chicken Bowl w/Homemade Mashed Potatoes (L)	North African Red Lentils and Couscous (V) Grilled Cheese	Cheese Pizza (veg) Vegetable Pizza (veg)
SIDES	Harvest Apple Kale Salad (L) 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, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	Friday, March 15
ENTRÉE	Chicken Drumstick w/ Roll Uncrustable PBJ Sandwich(veg)	Big Burrito Beef Taco Salad w/Scoops	Ithaca Tofu Fried Rice (V) Or Chicken Fried Rice	No School	No School
SIDES	Sweet Potato Fries (L) Salad, Vegetable and Fruit Sides	Butternut Squash Roasted (L) Salad, Vegetable and Fruit Sides	Steamed Green Broccoli Salad, Vegetable and Fruit Sides		
	Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	Friday, March 22
ENTRÉE	No School	Pretzel w/Power Hummus (V) Chicken Tator Tot Casserole	<u>First Day of Spring</u> Homemade Chicken n' Gravy w/ Biscuit	The Whole Enchilda(V) Cheesy Beef Quesadilla	Cheese Pizza (veg) Vegetable Pizza (veg)
SIDES		Carrot Salad Salad, Vegetable and Fruit Sides	Homemade Mashed Potato (L)/Corn Salad, Vegetable and Fruit Sides	Green Beans (L) Salad, Vegetable and Fruit Sides	Steamed Broccoli Salad, Vegetable and Fruit Sides
	Monday, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	Friday, March 29
ENTRÉE	Awesome Bean Burger (V) Deluxe Burger Each served on a roll	Chicken Fajitas w/ Peppers and Onions (L) served w/Scoops	Baked Ziti & Meatsauce and Ithaca Bakery Bread w/Garlic Seasoning (L)	Mediterranean Falafel Tots w/ Pita & Tofu Dressing (V) Grilled Cheese	Cheese Pizza (veg) Pepperoni Pizza
SIDES	Oven Baked Fries Salad, Vegetable and Fruit Sides	Harvest Apple Kale Salad (L) 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