

Available Daily

Choice of Milk

**Grab n' Go Remote Menu
September 14- October 2
Ithaca School Pick Up**






FARM TO SCHOOL: Harvest of the Month Recipes, with NYS produce!
Local NYS Produce from Headwater Foods

COOL SCHOOL FOOD:
Plant Powered Foods from Around the World are labeled with a Plant*
Cool School Food family size recipes you can make at home:
www.healthyschoolfood.org/recipes.htm



**USDA EXTENDS
FREE MEALS
FOR KIDS
THROUGH
DECEMBER 31ST
2020**

No Meal Substitutions or Special Menu Requests

	Monday, September 14	Tuesday, September 15	Wednesday September 16	Thursday, September 17	Friday, September 18
ENTRÉE	Yogurt and NYS Granola	Chicken Drumsticks *	Grilled Cheese *	Pretzels w/ Hummus- Plant * 	Cheese Pizza *
SIDES	Fruit	Vegetarian Beans Fruit	Green Beans Fruit	 Tabouli Fruit	Broccoli Fruit
	Monday, September 21	Tuesday, September 22	Wednesday, Sep 23	Thursday, September 24	Friday, September 25
ENTRÉE	Yogurt and NYS Granola	Taco w/Scoops *	Chicken Tenders *	 Ratatouille w/ Rice * And NYS Cheese Sticks	Cheese Pizza *
SIDES	Fruit	Corn Fruit	Vegetarian Beans Fruit	Fruit	 Tomato Cucumber Salad Fruit
	Monday, September 28	Tuesday, September 29	Wednesday September 30	Thursday October 1	Friday, October 2
ENTRÉE	Yogurt and NYS Granola	Ham n' Cheese Sandwich	Popcorn Chicken *	 Calabacita w/ Rice *	Cheese Pizza *
SIDES	Fruit	Corn Fruit	Green Beans Fruit	Fruit	Broccoli Fruit

* Reheat to an internal temperature of 165
** Please don't microwave foil