

Available Daily

- Build Your Own Salad Bar
- CSF Power Hummus on Salad Bar
- Vegetable Sides
- Fresh Fruit/Fruit Cups
- Fruit and Yogurt Parfait/Granola
- Bagel Lunch
- Assorted Sandwiches
- 100% Fruit Juice

Ithaca City School District Elementary School Lunch Menu April - May 2019

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 (CSF): Plant Powered Foods from Around the World (V)

Cool School Food family size recipes you can make at home: www.healthyschoolfood.org/recipes.htm
New: Power Hummus Available on Salad Bar Daily

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

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, April 1	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5
ENTRÉE	Brunch For Lunch Pancakes w/ chocolate chips and 2 Cheese Sticks (L) Pretzel w/Power Hummus (V)	Roy's Cuban Wrap (V) Popcorn Chicken Bites w/Dinner Roll	Baked Potato Bar (L) with Chili and Whole Grain Cinnamon Roll	Awesome Bean Burgers (V) Deluxe Burger Each Served on Roll	Cheese Pizza (veg) Pepperoni Pizza
SIDES	Welchs Slushies- Local Grapes (L) Salad, Vegetable and Fruit Sides	Steamed Carrots Salad, Vegetable and Fruit Sides	Steamed Broccoli Salad, Vegetable and Fruit Sides	Oven Baked Fries Salad, Vegetable and Fruit Sides	Salad, Vegetable and Fruit Sides
	Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
ENTRÉE	Chicken Drumstick w/ Roll Uncrustable PBJ Sandwich (veg)	Big Burrito Beef Taco Salad w/Scoops	Ithaca Tofu Rice (V)(L) Or Chicken Rice	Pretzel w/Power Hummus (V) Grilled Cheese	Cheese Pizza (veg) Vegetable Pizza (veg)
SIDES	Salad, Vegetable and Fruit Sides	Salad, Vegetable and Fruit Sides	Vegetable Eggrolls (V)(L) Salad, Vegetable and Fruit Sides	Tomato Soup Salad, Vegetable and Fruit Sides	
	Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26
ENTRÉE	New: Earth Day- Budda Bowl Mediterranean Falafel w/ Rice n' Creamy Cucumber Dressing (V) Chicken Patty on Roll	New: French Toast w/ Local Yogurt Cup (L) BBQ Roasted Chicken w/ Dinner Roll	Pretzel w/Power Hummus (V) Homemade Chicken n' Gravy w/ Biscuit	Pasta Fazool (V) Grilled Cheese	Cheese Pizza (veg) Pepperoni Pizza
SIDES	Carrot Steamed Salad, Vegetable and Fruit Sides	Peaches Salad, Vegetable and Fruit Sides	Homemade Mashed Potato (L) with Corn Salad, Vegetable and Fruit Sides	Tomato Soup Salad, Vegetable and Fruit Sides	Steamed Broccoli Salad, Vegetable and Fruit Sides
	Monday, April 29	Tuesday, April 30	Wednesday, May 1	Thursday, May 2	Friday, May 3
ENTRÉE	Awesome Bean Burger (V) Deluxe Burger Each served on a roll	Chicken Tenders n' Waffles Pretzel w/Power Hummus (V)	Baked Ziti & Meat Sauce and Ithaca Bakery Bread w/Garlic Seasoning (L)	West African Greens and Beans (V) Grilled Cheese	Cheese Pizza (veg) Vegetable Pizza (veg)
SIDES	Oven Baked Fries Salad, Vegetable and Fruit Sides	Welchs Slushies- Local Grapes (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