

# Ithaca City School District

## Ithaca Elementary and Secondary School

### School Lunch Menu

### March 2023

Breakfast

Elementary: \$1.65  
 Middle: \$1.90  
 High School/LACS: \$2.15  
 Adult: \$3.00

Lunch

Elementary: \$2.75  
 Middle: \$3.00  
 High School/LACS: \$3.25  
 Adult including tax - \$5.75  
 A la Carte Milk: \$.75  
 Reduced Meals: \$0 – paid by NYS

#### Available Daily

Cold Served Specialty Salad Bar  
 CSF Power Hummus on Salad Bar

Vegetable Sides

Fresh Fruit/Fruit Cups

Fruit and Yogurt Parfait/Granola

Cheese Bagels

Assorted Sandwiches

Choice Of Milk

Food Service Office  
 607-274-2302

#### *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](http://www.healthyschoolfood.org/recipes)

	Monday, March 6	Tuesday, March 7	Wednesday, March 8	Thursday, March 9	Friday, March 10
<b>ENTRÉE</b>	BBQ Roasted Chicken w/ Tator Tots and Breadstick	Chicken Fajitas w/Wrap(V) Roy's Cuban Wrap	Homemade French Toast Casserole w/Homemade Turkey Sausage	North African Red Lentils(V) Steamed Carrots	Cheese Pizza (veg) Vegetable Pizza (veg)
	Salad Greens, Carrots Fruit	Salad Greens, Corn & Black Beans Fruit	Salad Greens, Fruit	Salad Greens and Fruit	Salad Greens, Green Beans, Fruit
	Monday, March 13	Tuesday, March 14	Wednesday, March 15	Thursday, March 16	Friday, March 17
<b>ENTRÉE</b>	Awesome Bean Burger/(V) Deluxe Burger Each Served on a Roll	Chicken n' Cheese Quesadillas Cheese Quesadillas	Cheese Pizza (veg) Vegetable Pizza (veg)	Elementary Parent Teacher Conference Toasted Cheese Sandwich	District Conference Day
<b>SIDES</b>	Oven Baked Fries Salad Greens, Fruit	Salad Greens, Fruit, Corn	Salad Greens, Fruit	Salad Greens, Carrots, Fruit	
	Monday, March 20	Tuesday, March 21	Wednesday, March 22	Thursday, March 23	Friday, March 24
<b>ENTRÉE</b>	Chicken n' Waffles w/Applesauce	Turkey Taco w/Scoops Roy's Cuban Wrap (V)	Homemade Macaroni n' Cheese w/Steamed Broccoli	Ms. Patels Rajma (V) w/Baked Potato and Roll Steamed Broccoli	Cheese Pizza (veg) Vegetable Pizza (veg)
<b>SIDES</b>	Salad Greens, Fruit	Salad Greens, Fiesta Bean Salad, and Fruit	Salad Greens, Green Beans, Fruit	Salad Greens, Fruit	Salad Greens, Garbanzo Beans, Fruit
	Monday, March 27	Tuesday, March 28	Wednesday, March 29	Thursday, March 30	Friday, March 31
<b>ENTRÉE</b>	BBQ Roasted Chicken w/ Roll	Deluxe Chicken Fillet BLT Sandwich on a Bun	Homemade Chicken Riggies w/ Peppers	Ithaca Tofu Vegetable Fried Rice(V) Chicken Vegetable Fried Rice	Cheese Pizza (veg) Vegetable Pizza (veg)
<b>SIDES</b>	Salad Greens, Fiesta Bean Salad Fruit	Salad Greens, Corn, Fruit	Salad Greens, Green Beans, Fruit	<b>NYS EGG ROLL</b> Salad Greens, Carrots, Fruit	Salad Greens, Carrots, Fruit