

Ithaca City School District Elementary & Secondary School Lunch Menu December 2022-2023

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

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

	Monday, November 28	Tuesday, November 29	Wednesday, November 30	Thursday, December 1	Friday, December 2
ENTRÉE	Beef Nachos w/Cheese Sauce	French Toast Casserole w/ Homemade Turkey Sausage	Deluxe Chicken Fillet BLT Sandwich (N) on Bun Egg Patty Sandwich	Ms. Patel's Rajma w/(V) Baked Potato w/Roll Steamed Broccoli	Cheese Pizza (veg) Vegetable Pizza (veg)
	Salad Greens, Steamed Carrots, Fruit	Salad Greens, Corn & Black Beans Fruit	Salad Greens, Steamed Carrots, Fruit	Salad Greens, Fruit	Salad Greens, Green Beans, Fruit
	Monday, December 5	Tuesday, December 6	Wednesday, December 7	Thursday, December 8	Friday, December 9
ENTRÉE	Awesome Bean Burgers (V) Deluxe Burger Each Served on Roll	Turkey Taco w/Scoops Roy's Cuban Wrap(V)	Homemade Macaroni n' Cheese W/ Steamed Broccoli	Cheese Pizza (veg) Vegetable Pizza (veg)	Elementary Parent Teacher Conference Day Cooks Choice @ Boynton + Dewitt
SIDES	Oven Baked Fries Salad Greens, Fruit	Salad Greens, Fruit, Corn	Salad Greens, Green Beans, Fruit	Salad Greens, Carrots, Fruit	Salad Greens, Steamed Corn, Fruit
	Monday, December 12	Tuesday, December 13	Wednesday, December 14	Thursday, December 15	Friday, December 16
ENTRÉE	Chicken n' Waffles w/Applesauce	Toasted Cheese Sandwich w/Tomato Soup	Homemade Turkey n' Gravy and Biscuit w/Homemade Mashed Potato	West African Greens and Beans(V) w/Rice Toasted Cheese Sandwich	Cheese Pizza (veg) Vegetable Pizza (veg)
SIDES	Salad Greens, Carrots, and Fruit	Salad Greens, Fiesta Bean Salad, and Fruit	Salad Greens, Green Beans, Fruit	Salad Greens, Fruit	Salad Greens, Garbanzo Beans, Fruit
	Monday, December 19	Tuesday, December 20	Wednesday December 21	Thursday, December 22	Friday, December 23
ENTRÉE	BBQ Roasted Chicken w/Tator Tots and Breadsticks	Baja Fish Tacos on Soft Shell BBQ Pulled Pork on Bun	Deluxe Chicken Fillet BLT Sandwich (N) on Bun Egg Patty Sandwich	North African Red Lentils(V) W/Pasta Steamed Broccoli	Cheese Pizza (veg) Vegetable Pizza (veg)
SIDES	Salad Greens, Fiesta Bean Salad Fruit	Salad Greens, Corn, Fruit	Salad Greens, Green Beans, Fruit	Salad Greens, Carrots, Fruit	