

Ithaca City School District Elementary & Secondary School Lunch Menu January 31st- March 4th - 2022

Prices

**USDA EXTENDS FREE
MEALS FOR KIDS
THROUGH 2022 SCHOOL
YEAR**

For free, reduced, or prepaid meal information call our food service office at (607) 274-2302.

Available Daily

- Cold Served Specialty Salad Bar
- CSF Power Hummus on Salad Bar
- Vegetable Sides
- Fresh Fruit/Fruit Cups
- Fruit and Yogurt Parfait/Granola
- Bagel Lunch
- Cheese Bagels
- Assorted Sandwiches
- Choice Of Milk

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 Served Salad Bar Daily
Mid- Winter Recess February 21- February 25

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

	Monday, January 31	Tuesday, February 1	Wednesday, February 2	Thursday, February 3	Friday, February 4
ENTRÉE	BBQ Roasted Chicken w/ Breadstick	Chicken Popper w/ Mashed Potato	Homemade Macaroni n' Cheese	Ms. Patal's Rajma w/ Baked Potato Steamed Broccoli	Cheese Pizza (veg) Vegetable Pizza (veg)
	Salad Greens, Baked Beans, Fruit	Salad Greens, Broccoli, Fruit	Salad Greens, Carrots, Fruit	Salad Greens, Carrots, Fruit	Salad Greens, Carrots, Fruit
	Monday, February 7	Tuesday, February 8	Wednesday, February 9	Thursday, February 10	Friday, February 11
ENTRÉE	Awesome Bean Burgers (V) Deluxe Burger Each Served on Roll	Roy's Cuban Wrap (V) Turkey Taco w/Scoops	Baked Ziti w/Roll	Pretzel w/Power Hummus (V) Grilled Cheese n' Tomato Soup	Cheese Pizza (veg) Vegetable Pizza (veg)
SIDES	Oven Baked Fries Salad Greens, Carrots, and Fruit	Salad Greens, Fruit, Mexican Bean Salad	Salad Greens, Carrots, Fruit	Salad Greens, Carrots, Fruit	Salad Greens, Carrots, Fruit
	Monday, February 14	Tuesday, February 15	Wednesday, February 16	Thursday, February 17	Friday, February 18
ENTRÉE	Mozzarella Sticks w/Marinara Sauce	Chicken n' Gravy w/ Mashed Potato + Biscuit	Deluxe Chicken Fillet Sandwich on Bun	Pasta Fazool Grilled Cheese n' Tomato Soup	Cheese Pizza (veg) Vegetable Pizza (veg)
SIDES	Salad Greens, Baked Beans, Fruit	Specialty Romaine Salad with/Garbanzo Beans, Fruit	Tator Tots Salad Greens, Steamed Peas, Fruit	Salad Greens, Garbanzo Beans, Fruit	Salad Greens, Garbanzo Beans, Fruit
	Monday, February 28	Tuesday, March 1	Wednesday, March 2	Thursday, March 3	Friday, March 4
ENTRÉE	Awesome Bean Burgers (V) Deluxe Burger Each Served on Roll	Roy's Cuban Wrap (V) Chicken Fajita w/Scoops	Homemade Macaroni n' Cheese	West African Greens n' Beans on Rice (V)	Cheese Pizza (veg) Vegetable Pizza (veg)
SIDES	Salad Greens, Raw Broccoli, Fruit	Salad Greens, Carrots, Fruit	Salad Greens, Steamed Peas, Fruit	Salad Greens, Garbanzo Beans, Fruit	Salad Greens, Garbanzo Beans, Fruit