

Ithaca City School District

Ithaca Elementary and Secondary School

School Lunch Menu

February 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

Feb 20-24—President's Day/Mid Winter Recess

	Monday, January 30	Tuesday, January 31	Wednesday, February 1	Thursday, February 2	Friday, February 3
ENTRÉE	Beef Nachos/W Cheese Sauce or Tortillas	Deluxe Chicken Fillet Sandwich on Bun	Baked Ziti w/ Roll	Ms. Patel's Rajma w/(V) Baked Potato & Roll Steamed Broccoli	Cheese Pizza (veg) Vegetable Pizza (veg)
	Salad Greens, Fiesta Bean Salad Fruit	Salad Greens, Corn, Fruit	Salad Greens, Steamed Carrots, Fruit	Salad Greens, Fruit	Salad Greens, Green Beans, Fruit
	Monday, February 6	Tuesday, February 7	Wednesday, February 8	Thursday, Feb 9	Friday, February 10
ENTRÉE	Chicken N' Waffles Awesome Bean Burger/(V)	Fish Sticks w/Roll BBQ Pulled Pork/Roll w/ Baked Beans	Homemade Turkey n' Gravy and Biscuit w/Homemade Mashed Potato	West African Greens with Rice and Beans (V) Toasted Cheese Sandwich	Cheese Pizza (veg) Vegetable Pizza (veg)
SIDES	Salad Greens, Fruit	Salad Greens, Fruit, Fiesta Bean Salad	Salad Greens, Green Beans, Fruit	Salad Greens, Carrots, Fruit	Salad Greens, Steamed Corn, Fruit
	Monday, February 13	Tuesday, February 14	Wednesday, February 15	Thursday, February 16	Friday, February 17
ENTRÉE	BBQ Roasted Chicken w/ Tator Tots & Breadsticks	Turkey Taco w/Scoops Roy's Cuban Wrap (V)	French Toast Casserole w/ Homemade Turkey Sausage	Pasta Fazool(V) Steamed Broccoli	Cheese Pizza (veg) Vegetable Pizza (veg)
SIDES	Salad Greens and Fruit	Salad Greens, Fiesta Bean Salad, and Fruit	Salad Greens, Green Beans, Fruit	Salad Greens, Carrots, Fruit	Salad Greens, Garbanzo Beans, Fruit
	Monday, February 27	Tuesday, February 28	Wednesday, March 1	Thursday, March 2	Friday, March 3
ENTRÉE	Awesome Bean Burgers (V) Deluxe Burger Each Served on Roll	Deluxe Chicken Fillet BLT Sandwich on a Bun	Homemade Macaroni n' Cheese w/Steamed Broccoli	Ithaca Tofu Vegetable Fried Rice(V) Chicken Vegetable Fried Rice	Cheese Pizza (veg) Vegetable Pizza (veg)
SIDES	Salad Greens, Fiesta Bean Salad Fruit	Salad Greens, Corn, Fruit	Salad Greens, Green Beans, Fruit	NYS EGG ROLL Salad Greens, Carrots, Fruit	Salad Greens, Carrots, Fruit