

Ithaca City School District Elementary & Secondary School Lunch Menu January 3rd-January 28th - 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
Regents Week Jan 25-28 at IHS

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

	Monday, January 3	Tuesday, January 4	Wednesday, January 5	Thursday, January 6	Friday, January 7
ENTRÉE	Mozzarella Sticks w/Marinara Sauce	Chicken Tender 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, January 10	Tuesday, January 11	Wednesday, January 12	Thursday, January 13	Friday, January 14
ENTRÉE	Awesome Bean Burgers (V) Deluxe Burger Each Served on Roll	Roy's Cuban Wrap (V) Chicken Fajita w/Scoops	Pasta w/ Meat Sauce	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, January 17	Tuesday, January 18	Wednesday, January 19	Thursday, January 20	Friday, January 21
ENTRÉE	Martin Luther King Jr. Day	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		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, January 24	Tuesday, January 25	Wednesday, January 26	Thursday, January 27	Friday, January 28
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