

Ithaca City School District Elementary & Secondary School Lunch Menu June 6th – June 23rd

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

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.

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

	Monday, June 6	Tuesday, June 7	Wednesday, June 8	Thursday, June 9	Friday, June 10
ENTRÉE	Deluxe BBQ Chicken Fillet Sandwich (N) on Bun	Chicken Riggies with Peppers(L)	New: Burrito Bowl w/ Chicken or Tofu	Ms. Patel's Rajma w/(V) Baked Potato Steamed Broccoli	Cheese Pizza (veg) Vegetable Pizza (veg)
SIDES	Salad Greens, Baked Beans, Fruit	Salad Greens, Broccoli, Fruit	Salad Greens, Carrots, Fruit	Salad Greens, Carrots, Fruit	Salad Greens, Carrots, Fruit
	Monday, June 13	Tuesday, June 14	Wednesday, June 15	Thursday, June 16	Friday, June 17
ENTRÉE	BBQ Roasted Chicken w/ Breadstick	Homemade Macaroni n' Cheese W/ Steamed Broccoli	Deluxe BBQ Chicken Fillet Sandwich (N) on Bun	Pretzel w/Power Hummus (V) Grilled Cheese n' Tomato Soup	Cheese Pizza (veg) Vegetable Pizza (veg)
SIDES	Salad Greens, Carrots, and Fruit	Salad Greens, Fruit, Mexican Bean Salad	Salad Greens, Carrots, Fruit	Salad Greens, Carrots, Fruit	Salad Greens, Carrots, Fruit
	Monday, June 20	Tuesday, June 21	Wednesday, June 22	Thursday, June 23	
ENTRÉE	Juneteenth Recess	Awesome Bean Burgers (V) Deluxe Burger Each Served on Roll	Cooks Choice	Cooks Choice	
SIDES		Oven Baked Fries Salad Greens, Carrots, and Fruit			
ENTRÉE					
SIDES					