

Ithaca City School District Elementary & Secondary School Lunch Menu November 29- December 24, 2021

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

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

	Monday, November 29	Tuesday, November 30	Wednesday, December 1	Thursday, December 2	Friday, December 3
ENTRÉE	BBQ Roasted Chicken w/ Roll	Popcorn Chicken w/ Mashed Potato	Baked Ziti w/ Breadstick	West African Greens n' Beans on Rice (V)	Elementary Conference Day Chicken Enchiladas
	Salad Greens, Baked Beans, Fruit	Salad Greens, Broccoli, Fruit	Salad Greens, Carrots, Fruit	Salad Greens, Carrots, Fruit	Salad Greens, Carrots, Fruit
	Monday, December 6	Tuesday, December 7	Wednesday, December 8	Thursday, December 9	Friday, December 10
ENTRÉE	Awesome Bean Burgers (V) Deluxe Burger Each Served on Roll	Roy's Cuban Wrap (V) Turkey Taco Salad w/Scoops	Cheesy Chicken Penne	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, December 13	Tuesday, December 14	Wednesday, December 15	Thursday, December 16	Friday, December 17
ENTRÉE	Local Beef Slate Food Hot Dog w/ Roll	Pancakes w/ chocolate chips and Sausage	Chicken n' Gravy w/ Mashed Potato + Biscuit	Cold Fiesta Wraps (V) Grilled Cheese n' Tomato Soup	Cheese Pizza (veg) Vegetable Pizza (veg)
SIDES	Salad Greens, Baked Beans, Fruit	Specialty Romaine Salad with/Garbanzo Beans, Fruit	Salad Greens, Steamed Peas, Fruit	Salad Greens, Garbanzo Beans, Fruit	Salad Greens, Garbanzo Beans, Fruit
	Monday, December 20	Tuesday, December 21	Wednesday, December 22	Thursday, December 23	Friday, December 24
ENTRÉE	Awesome Bean Burgers (V) Deluxe Burger Each Served on Roll	Roy's Cuban Wrap (V) Turkey Taco Salad w/Scoops	Homemade Macaroni n' Cheese	Cheese Pizza (veg) Vegetable Pizza (veg)	Winter Recess
SIDES	Salad Greens, Raw Broccoli, Fruit	Salad Greens, Carrots, Fruit	Salad Greens, Steamed Peas, Fruit	Salad Greens, Garbanzo Beans, Fruit	