

**Available Daily**

**Entree**  
Fruit and Yogurt Parfait/Granola  
Assorted Sandwiches  
Bagel Lunch

**Build Your Own Salad and Vegetable Sides**

**Fresh Fruit/Fruit Cups and Juice Available Daily**

**Choice of Milk**

# October 2018 Lunch Menu Ithaca Elementary School

Our school lunch includes the choice of one entrée, two side dishes & milk

We are trying some new menus and recipes see \*\* below

COOL SCHOOL FOOD:

Plant Powered Foods from Around the World are labeled with a \*

Cool School Food family size recipes you can make at home:

[www.healthyschoolfood.org/recipes.htm](http://www.healthyschoolfood.org/recipes.htm)

**Breakfast**

Elementary: \$1.55  
Middle: \$1.80  
High School/LACS: \$2.05  
Adult w/ Tax: \$3.00

**Lunch**

Elementary: \$2.65  
Middle: \$2.90  
High School/LACS:\$3.15  
Adult w/Tax \$4.26  
A la carte milk: \$0.75  
Reduced Meals : \$.25

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

|               | Monday, October 1   | Tuesday, October 2  | Wednesday, October 3   | Thursday, October 4   | Friday, October 5                                       |
|---------------|---|---|--|---|---|
| <b>ENTRÉE</b> | <u>World Vegetarian Day</u><br>Grilled Cheese<br>Or<br>Uncrustables PBJ | Dino Nuggets w/ Breadstick<br>Assorted Sauces   | Turkey Sub on Ithaca<br>Bakery Rolls                                 | <u>National Taco Day</u><br>Taco Salad<br>Roy's Bean Burrito* | Cheese Pizza; Pepperoni<br>Pizza                        |
| <b>SIDES</b>  | Tomato Soup<br>Salad, Vegetable and Fruit Sides                         | Steamed Green Beans<br>Salad, Vegetable and Fruit Sides   | Local Kale Salad<br>Salad, Vegetable and Fruit Sides                 | Carrot Salad<br>Salad, Vegetable and Fruit Sides              | Steamed Broccoli<br>Salad, Vegetable and Fruit Sides    |
|               | Monday, October 8   | Tuesday, October 9  | Wednesday, Oct 10  | Thursday, October 11  | Friday, October 12                                      |
| <b>ENTRÉE</b> | Indigenous Peoples Day  | Chicken Tenders<br>n' Waffles   | Tofu Fried Rice*<br>Or<br>Chicken Fried Rice                         | Deluxe Burger<br>Awesome Bean Burger *                        | Cheese Pizza; Pepperoni<br>Pizza                        |
| <b>SIDES</b>  |   | Steamed Carrots<br>Salad, Vegetable and Fruit Sides   | Steamed Green Broccoli<br>Salad, Vegetable and Fruit Sides           | Oven Baked Fries<br>Salad, Vegetable and Fruit Sides          | Steamed Green Beans<br>Salad, Vegetable and Fruit Sides |
|               | Monday, October 15  | Tuesday, October 16   | Wednesday, October 17  | Thursday, October 18  | Friday, October 19                                      |
| <b>ENTRÉE</b> | Chicken Strip Sliders**   | Taco Bake** w/ Scoops<br>Fiesta Mexican Lasagna*<br>w/scoops<br>made with local butternut<br>squash | Pasta Fazool *<br>Made w/ local kale                                 | Cheese Pizza; Pepperoni<br>Pizza<br>Pretzels w/Hummus*        | District Conference Day                                 |
| <b>SIDES</b>  | Homemade Taco Soup<br>Salad, Vegetable and Fruit Sides                  | Steamed Green Beans<br>Salad, Vegetable and Fruit Sides   | Steamed Carrots<br>Salad, Vegetable and Fruit Sides                  | Steamed Broccoli<br>Salad, Vegetable and Fruit Sides          |   |
|               | Monday, October 22  | Tuesday, October 23   | Wednesday, October 24  | Thursday, October 25  | Friday, October 26                                      |
| <b>ENTRÉE</b> | Popcorn Chicken Bowl w/<br>Homemade Mashed Potato                       | Roy's Cuban Wrap*<br>Taco Salad   | Turkey Club Sub on Ithaca<br>Bakery Bread                            | Ms. Patals Rajma w/Rice*<br>Toasted Cheese                    | Cheese Pizza; Pepperoni<br>Pizza                        |
| <b>SIDES</b>  | Steamed Mixed Vegetables<br>Salad, Vegetable and Fruit Sides            | Seasoned Green Beans<br>Salad, Vegetable and Fruit Sides  | Homemade Broccoli Cheese<br>Soup<br>Salad, Vegetable and Fruit Sides | Salad, Vegetable and Fruit Sides                              | Steamed Green Beans<br>Salad, Vegetable and Fruit Sides |