

ELMIRA HEIGHTS CENTRAL SCHOOL DISTRICT

100% Virtual SEPTEMBER MENU

***All Vegetables & Fruits are served in 1/2 cup portions* Milk served with each meal**

*** Each student who is enrolled at Cohen receives 1 free breakfast & 1 free lunch at no charge per school day.**

Students enrolled at Edison may not qualify for free meals and therefore will be charged for each of these meals below for a total of 10 meals

HOME MEALS	HOME MEALS	HOME MEALS **MEAL PICK UP DAY**	HOME MEALS	HOME MEALS
MON - Aug 31st	TUES - Sept 1st	WED - Sept 2nd	THURS - Sept 3rd	FRI - Sept 4th
MON - Sept 7th	TUES - Sept 8th	WED - Sept 9th MEAL PICK UP DAY	THURS - Sept 10th	FRI - Sept 11th
		Breakfast: Cereal, Granola Bar, Juice & Milk	Breakfast: Cereal, Granola Bar, Juice & Milk	Breakfast: Cinnamon Roll, Juice & Milk
		Lunch Entrée: Mozzarella Stick w/ Marinara Sauce	Lunch Entrée: Toasted Cheese Sandwich	Lunch Entrée: Cheese Ravioli & marinara w/bread
LABOR DAY		Vegetable: Carrots	Vegetable: Green Beans	Vegetable: Carrots
		Sides: Orange	Sides: Apple	Sides: Canned peaches
		Cooking Instructions: Bake mozz. sticks until cheese is melted and breading is crispy. Heat sauce in microwave.	Cooking Instructions: Spread butter on both sides of bread. Toast or grill on stove top until bread is browned and cheese is melted.	Cooking Instructions: Heat ravioli to 140F
MON - Sept 14th	TUES - Sept 15th	WED - Sept 16th MEAL PICK UP DAY	THURS - Sept 17th	FRI - Sept 18th
Breakfast: Cereal, Muffin Top, Juice & Milk	Breakfast: Cinnamon Roll, Juice & Milk	Breakfast: Cereal, Muffin Top, Juice & Milk	Breakfast: Cereal, Granola Bar, Juice & Milk	Breakfast: Cinnamon Roll, Juice & Milk
Lunch Entrée: Mini Pancakes & Sausage	Lunch Entrée: Chicken Nuggets w/Goldfish	Lunch Entrée: Ultimate Cheese Breadstick	Lunch Entrée: Cheeseburger on a bun	Lunch Entrée: Walking Taco
Vegetable: Broccoli	Vegetable: Black Beans	Vegetable: Carrots	Vegetable: Green Beans	Vegetable: Carrots
Sides: Applesauce Cup	Sides: Mixed Fruit	Sides: Orange	Sides: Canned Pears	Sides: Canned peaches
Cooking Instructions: Heat mini pancakes in microwave & heat sausage to 165 F	Cooking Instructions: Heat Chicken Nuggets to 140 F	Cooking Instructions: Place breadstick on a microwave safe plate, cover and heat until cheese is melted. Or Bake in oven at 350 F for 6-8 minutes.	Cooking Instructions: Burger is already cooked, heat to 145 - 165F. Place cheese on top.	Cooking Instructions: taco meat is already cooked, heat to 145F
MON - Sept 21st	TUES - Sept 22nd	WED - Sept 23rd MEAL PICK UP DAY	THURS - Sept 24th	FRI - Sept 25th
Breakfast: Cereal, Muffin Top, Juice & Milk	Breakfast: Cinnamon Roll, Juice & Milk	Breakfast: Cereal, Muffin Top, Juice & Milk	Breakfast: Cereal, Granola Bar, Juice & Milk	Breakfast: Cinnamon Roll, Juice & Milk
Lunch Entrée: Meatball Sub	Lunch Entrée: Baked Crispy Chicken Sandwich	Lunch Entrée: Mozzarella Sticks w/Marinara	Lunch Entrée: Toasted Cheese Sandwich	Lunch Entrée: Cheese Ravioli & marinara w/bread
Vegetable: Broccoli	Vegetable: Black Beans	Vegetable: Carrots	Vegetable: Green Beans	Vegetable: Carrots
Sides: Apple	Sides: Mixed Fruit	Sides: Orange	Sides: Apple	Sides: Canned peaches
Cooking Instructions: Heat Meatballs and sauce to 145 F	Cooking Instructions: Heat chicken patty to 165 F	Cooking Instructions: Bake mozz. sticks until cheese is melted and breading is crispy. Heat sauce in microwave.	Cooking Instructions: Spread butter on both sides of bread. Toast or grill on stove top until bread is browned and cheese is melted.	Cooking Instructions: Heat ravioli to 140F
MON - Sept 28th	TUES - Sept 29th	WED - Sept 30th MEAL PICK UP DAY	THURS - Oct 1st	FRI - Oct 2nd
Breakfast: Cereal, Muffin Top, Juice & Milk	Breakfast: Cinnamon Roll, Juice & Milk	Breakfast: Cereal, Muffin Top, Juice & Milk	Breakfast: Cereal, Granola Bar, Juice & Milk	Breakfast: Cinnamon Roll, Juice & Milk
Lunch Entrée: Mini Pancakes & Sausage	Lunch Entrée: Chicken Nuggets w/Goldfish	Lunch Entrée: Ultimate Cheese Breadstick	Lunch Entrée: Cheeseburger on a bun	Lunch Entrée: Walking Taco
Vegetable: Broccoli	Vegetable: Black Beans	Vegetable: Carrots	Vegetable: Green Beans	Vegetable: Carrots
Sides: Applesauce Cup	Sides: Mixed Fruit	Sides: Orange	Sides: Canned Pears	Sides: Canned peaches
Cooking Instructions: Heat mini pancakes in microwave & heat sausage to 165 F	Cooking Instructions: Heat Chicken Nuggets to 140 F	Cooking Instructions: Place breadstick on a microwave safe plate, cover and heat until cheese is melted. Or Bake in oven at 350 F for 6-8 minutes.	Cooking Instructions: Burger is already cooked, heat to 145 - 165F. Place cheese on top.	Cooking Instructions: taco meat is already cooked, heat to 145F