

**ELMIRA HEIGHTS SCHOOL DISTRICT
HYBRID VIRTUAL SEPTEMBER MENU
*All Vegetables & Fruits are served in 1/2 cup portions**

* 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 6 meals per week.

HOME MEALS - Group A	HOME MEALS - Group A	HOME MEALS - Group A & B	HOME MEALS - Group B	HOME MEALS - Group B
MON - Aug 31st	TUES - Sept 1st	WED - Sept 2nd	THURS - Sept 3rd	FRI - Sept 4th
MON - Sept 7th	TUES - Sept 8th	WED - Sept 9th	THURS - Sept 10th	FRI - Sept 11th
		Breakfast: cereal, oatmeal bar, juice, apple slices, milk Lunch Entrée: Mozzarella Sticks w/4oz marinara	Breakfast: Muffin Top, Goldfish Graham, Juice, Fruit Choice, Milk Lunch Entrée: Cheeseburger on a Roll	Breakfast: Cereal, Muffin Top, Fruit Choice, Juice & Milk Lunch Entrée: Baked Crispy Chicken Sandwich
LABOR DAY		Vegetable: Cupped Carrots	Vegetable: Green Beans	Vegetable: Cupped Carrots
		Applesauce Cup & Milk	Sides: Apple & Milk	Sides: Peaches & Milk
		Cooking Instructions: Bake mozz. sticks until cheese is melted and breading is crispy. Heat sauce in microwave.	Cooking Instructions: Heat hamburger patty to 165 F	Cooking Instructions: Heat chicken patty to 165 degrees
MON - Sept 14th	TUES - Sept 15th	WED - Sept 16th	THURS - Sept 17th	FRI - Sept 18th
Breakfast: Muffin Top, Goldfish Graham, Juice, Fruit Choice, Milk Lunch Entrée: Cheese Ravioli & Marinara Sauce w/Bread Vegetable: Cupped Carrots Sides: Peaches & Milk Cooking Instructions: Heat Ravioli to 165 F	Breakfast: Cereal, Muffin Top, Fruit Choice, Juice & Milk Lunch Entrée: Mini Pancakes w/Sausage Vegetable: Green Beans Sides: Apple & Milk Cooking Instructions: Heat mini pancakes in microwave & heat sausage to 165 F	Breakfast: Cereal, Granola Bar, Fruit Choice, Juice & Milk BBQ Pork Rib on a bun Vegetable: Cupped Carrots Sides: Applesauce cup & Milk Cooking Instructions: Heat bbq pork rib to 165 F	Breakfast: Muffin Top, Goldfish Graham, Juice, Fruit Choice, Milk Lunch Entrée: Cheese Ravioli & Marinara Sauce w/Bread Vegetable: Green Beans Sides: Peaches & Milk Cooking Instructions: Heat Ravioli to 165 F	Breakfast: Cereal, Muffin Top, Fruit Choice, Juice & Milk Lunch Entrée: Mini Pancakes w/Sausage Vegetable: Cupped Carrots Sides: Apple & Milk Cooking Instructions: Heat mini pancakes in microwave & heat sausage to 165 F
MON - Sept 21st	TUES - Sept 22nd	WED - Sept 23rd	THURS - Sept 24th	FRI - Sept 25th
Breakfast: cereal, oatmeal bar, juice, apple slices, milk Lunch Entrée: Mozzarella Sticks w/4oz marinara Vegetable: Cupped Carrots Applesauce Cup & Milk Cooking Instructions: Bake mozz. sticks until cheese is melted and breading is crispy. Heat sauce in microwave.	Breakfast: Muffin Top, Goldfish Graham, Juice, Fruit Choice, Milk Lunch Entrée: Cheeseburger on a Roll Vegetable: Green Beans Sides: Apple & Milk Cooking Instructions: Heat hamburger patty to 165 F	Breakfast: Cereal, Muffin Top, Fruit Choice, Juice & Milk Lunch Entrée: Baked Crispy Chicken Sandwich Vegetable: Cupped Carrots Sides: Peaches & Milk Cooking Instructions: Heat chicken patty to 165 degrees	Breakfast: cereal, oatmeal bar, juice, apple slices, milk Lunch Entrée: Mozzarella Sticks w/4oz marinara Vegetable: Green Beans Applesauce Cup & Milk Cooking Instructions: Bake mozz. sticks until cheese is melted and breading is crispy. Heat sauce in microwave.	Breakfast: Muffin Top, Goldfish Graham, Juice, Fruit Choice, Milk Lunch Entrée: Cheeseburger on a Roll Vegetable: Cupped Carrots Sides: Apple & Milk Cooking Instructions: Heat hamburger patty to 165 F
MON - Sept 28th	TUES - Sept 29th	WED - Sept 30th	THURS - Oct 1st	FRI - Oct 2nd
Breakfast: Muffin Top, Goldfish Graham, Juice, Fruit Choice, Milk Lunch Entrée: Cheese Ravioli & Marinara Sauce w/Bread Vegetable: Cupped Carrots Sides: Peaches & Milk Cooking Instructions: Heat Ravioli to 165 F	Breakfast: Cereal, Muffin Top, Fruit Choice, Juice & Milk Lunch Entrée: Mini Pancakes w/Sausage Vegetable: Green Beans Sides: Apple & Milk Cooking Instructions: Heat mini pancakes in microwave & heat sausage to 165 F	Breakfast: Cereal, Granola Bar, Fruit Choice, Juice & Milk BBQ Pork Rib on a bun Vegetable: Cupped Carrots Sides: Applesauce cup & Milk Cooking Instructions: Heat bbq pork rib to 165 F	Breakfast: Muffin Top, Goldfish Graham, Juice, Fruit Choice, Milk Lunch Entrée: Cheese Ravioli & Marinara Sauce w/Bread Vegetable: Green Beans Sides: Peaches & Milk Cooking Instructions: Heat Ravioli to 165 F	Breakfast: Cereal, Muffin Top, Fruit Choice, Juice & Milk Lunch Entrée: Mini Pancakes w/Sausage Vegetable: Cupped Carrots Sides: Apple & Milk Cooking Instructions: Heat mini pancakes in microwave & heat sausage to 165 F

THIS MENU IS SUBJECT TO CHANGE WITHOUT ADVANCED NOTICE.

THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER