ELMIRA CITY SCHOOL DISTRICT

100% Virtual SEPTEMBER MENU

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

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

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: Bagel, Fruit Choice, Juice & Milk	Breakfast: Cinnamon Roll, Fruit Choice, Juice & Milk
			Chicken Nuggets w/ Goldfish	Cheeseburger on a Roll
LABOR DAY	CONFERENCE DAY		Vegetable: Fresh Broccoli Fresh Vegetables	Vegetable: Baked Beans Fresh Vegetable
			Sides: Canned Pears & Orange	Sides: Applesauce Cup & Nectarine
			Cooking Instructions: Heat Chicken Nuggets to 165 F	Cooking Instructions: Heat sloppy joe meat to 165 F
MON - Sept 14th	**TUES - Sept 15th**	**WED - Sept 16th MEAL PICK UP DAY**	**THURS - Sept 17th**	**FRI - Sept 18th**
Breakfast: Cereal, Granola Bar, Fruit Choice, Juice & Milk	Breakfast: Cinnamon Roll, Fruit Choice, Juice & Milk	Breakfast: Cereal, Granola Bar, Fruit Choice, Juice & Milk	Breakfast: Bagel, Fruit Choice, Juice & Milk	Breakfast: Cinnamon Roll, Fruit Choice, Juice & Milk
Cheese Stick & Yogurt w/Bagel	Chicken Soft Taco (2 shells)	Lunch Entrée: Sloppy Joe on a Roll	Lunch Entrée: Mini Pancakes w/ Sausage	Lunch Entrée: Baked Crispy Chicken Sandwich
Vegetable: Carrots Fresh Vegetable	Vegetable: Corn Fresh Vegetable	Vegetable: Carrots Fresh Vegetable	Vegetable: Fresh Carrots Fresh Vegetable	Vegetable: Baked Beans Fresh Vegetable
Sides: Strawberry Cup & Apple	Sides: Fresh Orange & Mixed Fruit	Sides: Strawberry Cup & Apple	Sides: Canned Pears & Orange	Sides: Applesauce & Nectarine
Cooking Instructions: NONE	Cooking Instructions: Heat chicken patty to 165 F	Cooking Instructions: NONE	Cooking Instructions: Heat Ravioli to 165 F	Cooking Instructions: Heat chicken patty to 165 F
MON - Sept 21st	**TUES - Sept 22nd**	**WED - Sept 23rd MEAL PICK UP DAY**	**THURS - Sept 24th**	**FRI - Sept 25th**
Breakfast: Cereal, Muffin Top, Fruit Choice, Juice & Milk	Breakfast: Cinnamon Roll, Fruit Choice, Juice & Milk	Breakfast: Cereal, Granola Bar, Fruit Choice, Juice & Milk	Breakfast: Bagel, Fruit Choice, Juice & Milk	Breakfast: Cinnamon Roll, Fruit Choice, Juice & Milk
Lunch Entrée: Baked Mozzarella Sticks & Marinara Sauce	Lunch Entrée: Baked Crispy Chicken Sandwich	Lunch Entrée: Cheese Stick & Yogurt w/Bagel	Lunch Entrée: Ravioli w sl of bread	Lunch Entrée: Meat Taco (2 shells)
Vegetable: Fresh Broccoli Fresh Vegetable	Vegetable: Baked Beans Fresh Vegetable	Vegetable: Sliced Carrots Fresh Broccoli	Vegetable: Corn Fresh Vegetables	Vegetable: Broccoli Fresh Vegetable
Sides: Canned Pears & Apple	Sides: Fresh Orange & Strawberry Cup	Sides: Peach Cup & Apple	Sides: Canned Pears & Orange	Sides: Applesauce & Nectarine
Cooking Instructions: Bake mozz. sticks until cheese is melted and breading is crispy. Heat sauce in microwave.	Cooking Instructions: Heat chicken patty to 165 F	Cooking Instructions: NONE	Cooking Instructions: Heat hamburger pattty to 165 F	Cooking Instructions: Heat BBQ Pork Rib Patty to 165 F
MON - Sept 28th	**TUES - Sept 29th**	**WED - Sept 30th MEAL PICK UP DAY**	**THURS - Oct 1st**	**FRI - Oct 2nd**
Breakfast: Cereal, Muffin Top, Fruit Choice, Juice & Milk	Breakfast: Cinnamon Roll, Fruit Choice, Juice & Milk	Breakfast: Muffin Top, Granola Bar, Fruit Choice, Juice & Milk	Breakfast: Breakfast on a Stick, Fruit Choice, Juice & Milk	Breakfast: Cereal, Muffin Top, Fruit Choice, Juice & Milk
Lunch Entrée: Mozzarella Sticks & Marinara Sauce	Lunch Entrée: Chicken Soft Taco (2 shells)	Lunch Entrée: Cheese Stick & Yogurt w/Bagel	Lunch Entrée: Cheeseburger on Bun	Lunch Entrée: BBQ Rib on a Roll
Vegetable: Fresh Broccoli Fresh Vegetable	Vegetable: Baked Beans Fresh Vegetable	Vegetable: Carrots Fresh Vegetable	Vegetable: Corn Fresh Vegetables	Vegetable: Carrots Fresh Vegetable
Sides: Canned Pears & Apple	Sides: Fresh Orange & Strawberry Cup	Sides: Peach Cup & Apple	Sides: Canned Pears & Orange	Sides: Applesauce & Nectarine
Cooking Instructions: Bake cheese breadstick until cheese is melted. Heat sauce in microwave.	Cooking Instructions: Heat chicken meat to 165 F	Cooking Instructions: NONE	Cooking Instructions: Heat Hamburger to 165 F	Cooking Instructions: Heat Rib to 165 F