

ELMIRA HEIGHTS CENTRAL SCHOOL DISTRICT

NOVEMBER 100% VIRTUAL 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 - Nov 2nd	TUES - Nov 3rd	WED - Nov 4th MEAL PICK UP DAY	THURS - Nov 5th	FRI - Nov 6th
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 - Nov 9th	TUES - Nov 10th	WED - Nov 11th MEAL PICK UP DAY	THURS - Nov 12th	FRI - Nov 13th
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: Oven Roasted Chicken w/pretzel	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: Chicken is already cooked, Heat chicken in oven or microwave until internal temperature reaches 165 F	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 - Nov 16th	TUES - Nov 17th	WED - Nov 18th MEAL PICK UP DAY	THURS - Nov 19th	FRI - Nov 20th
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 - Nov 23rd	TUES - Nov 24th	WED - Nov 25th MEAL PICK UP DAY	THURS - Nov 26th	FRI - Nov 27th
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: Oven Roasted Chicken w/pretzel	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: Chicken is already cooked, Heat chicken in oven or microwave until internal temperature reaches 165 F	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 - Nov 30th	TUES - Dec 1st	WED - Dec 2nd MEAL PICK UP DAY	THURS - Dec 3rd	FRI - Dec 4th
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