

## ELMIRA HEIGHTS SCHOOL DISTRICT NOVEMBER HYBRID VIRTUAL 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 - Nov 2nd	TUES - Nov 3rd	WED - Nov 4th MEAL PICK UP DAY	THURS - Nov 5th	FRI - Nov 6th
Breakfast: cereal, oatmeal bar, juice, apple slices, milk	Breakfast: Muffin Top, Goldfish Graham, Juice, Fruit Choice, Milk	Breakfast: Cereal, Muffin Top, Fruit Choice, Juice & Milk	Breakfast: cereal, oatmeal bar, juice, apple slices, milk	Breakfast: Muffin Top, Goldfish Graham, Juice, Fruit Choice, Milk
Lunch Entrée: Mozzarella Sticks w/4oz marinara	Lunch Entrée: Cheeseburger on a Roll	Lunch Entrée: Baked Crispy Chicken Sandwich	Lunch Entrée: Mozzarella Sticks w/4oz marinara	Lunch Entrée: Cheeseburger on a Roll
Vegetable: Cupped Carrots	Vegetable: Green Beans	Vegetable: Cupped Carrots	Vegetable: Green Beans	Vegetable: Cupped Carrots
Applesauce Cup & Milk	Sides: Apple & Milk	Sides: Peaches & Milk	Applesauce Cup & Milk	Sides: Apple & Milk
Cooking Instructions: Bake mozz. sticks until cheese is melted and breading is crispy. Heat	Cooking Instructions: Heat hamburger patty to 165 F	Cooking Instructions: Heat chicken patty to 165 degrees	Cooking Instructions: Bake mozz. sticks until cheese is melted and breading is crispy. Heat	Cooking Instructions: Heat hamburger patty to 165 F
MON - Nov 9th	TUES - Nov 10th	WED - Nov 11th MEAL PICK UP DAY	THURS - Nov 12th	FRI - Nov 13th
Breakfast: Muffin Top, Goldfish Graham, Juice, Fruit Choice, Milk	Breakfast: Cereal, Muffin Top, Fruit Choice, Juice & Milk	Breakfast: Cereal, Granola Bar, Fruit Choice, Juice & Milk	Breakfast: Muffin Top, Goldfish Graham, Juice, Fruit Choice, Milk	Breakfast: Cereal, Muffin Top, Fruit Choice, Juice & Milk
Lunch Entrée: Cheese Ravioli & Marinara Sauce w/Bread	Lunch Entrée: Mini Pancakes w/Sausage	BBQ Pork Rib on a bun	Lunch Entrée: Cheese Ravioli & Marinara Sauce w/Bread	Lunch Entrée: Mini Pancakes w/Sausage
Vegetable: Cupped Carrots	Vegetable: Green Beans	Vegetable: Cupped Carrots	Vegetable: Green Beans	Vegetable: Cupped Carrots
Sides: Peaches & Milk	Sides: Apple & Milk	Sides: Applesauce cup & Milk	Sides: Peaches & Milk	Sides: Apple & Milk
Cooking Instructions: Heat Ravioli to 165 F	Cooking Instructions: Heat mini pancakes in microwave & heat sausage to 165 F Heat carrots to 140 F	Cooking Instructions: Heat bbq pork rib to 165 F	Cooking Instructions: Heat Ravioli to 165 F	Cooking Instructions: Heat mini pancakes in microwave & heat sausage to 165 F Heat carrots to 140 F
MON - Nov 16th	TUES - Nov 17th	WED - Nov 18th MEAL PICK UP DAY	THURS - Nov 19th	FRI - Nov 20th
Breakfast: cereal, oatmeal bar, juice, apple slices, milk	Breakfast: Muffin Top, Goldfish Graham, Juice, Fruit Choice, Milk	Breakfast: Cereal, Muffin Top, Fruit Choice, Juice & Milk	Breakfast: cereal, oatmeal bar, juice, apple slices, milk	Breakfast: Muffin Top, Goldfish Graham, Juice, Fruit Choice, Milk
Lunch Entrée: Mozzarella Sticks w/4oz marinara	Lunch Entrée: Cheeseburger on a Roll	Lunch Entrée: Baked Crispy Chicken Sandwich	Lunch Entrée: Mozzarella Sticks w/4oz marinara	Lunch Entrée: Cheeseburger on a Roll
Vegetable: Cupped Carrots	Vegetable: Green Beans	Vegetable: Cupped Carrots	Vegetable: Green Beans	Vegetable: Cupped Carrots
Applesauce Cup & Milk	Sides: Apple & Milk	Sides: Peaches & Milk	Applesauce Cup & Milk	Sides: Apple & Milk
Cooking Instructions: Bake mozz. sticks until cheese is melted and breading is crispy. Heat	Cooking Instructions: Heat hamburger patty to 165 F	Cooking Instructions: Heat chicken patty to 165 degrees	Cooking Instructions: Bake mozz. sticks until cheese is melted and breading is crispy. Heat	Cooking Instructions: Heat hamburger patty to 165 F
MON - Nov 23rd	TUES - Nov 24th	WED - Nov 25th MEAL PICK UP DAY	THURS - Nov 26th	FRI - Nov 27th
Breakfast: Muffin Top, Goldfish Graham, Juice, Fruit Choice, Milk	Breakfast: Cereal, Muffin Top, Fruit Choice, Juice & Milk	Breakfast: Cereal, Granola Bar, Fruit Choice, Juice & Milk	Breakfast: Muffin Top, Goldfish Graham, Juice, Fruit Choice, Milk	Breakfast: Cereal, Muffin Top, Fruit Choice, Juice & Milk
Lunch Entrée: Cheese Ravioli & Marinara Sauce w/Bread	Lunch Entrée: Mini Pancakes w/Sausage	BBQ Pork Rib on a bun	Lunch Entrée: Cheese Ravioli & Marinara Sauce w/Bread	Lunch Entrée: Mini Pancakes w/Sausage
Vegetable: Cupped Carrots	Vegetable: Green Beans	Vegetable: Cupped Carrots	Vegetable: Green Beans	Vegetable: Cupped Carrots
Sides: Peaches & Milk	Sides: Apple & Milk	Sides: Applesauce cup & Milk	Sides: Peaches & Milk	Sides: Apple & Milk
Cooking Instructions: Heat Ravioli to 165 F	Cooking Instructions: Heat mini pancakes in microwave & heat sausage to 165 F Heat carrots to 140 F	Cooking Instructions: Heat bbq pork rib to 165 F	Cooking Instructions: Heat Ravioli to 165 F	Cooking Instructions: Heat mini pancakes in microwave & heat sausage to 165 F Heat carrots to 140 F
MON - Nov 30th	TUES - Dec 1st	WED - Dec 2nd MEAL PICK UP DAY	THURS - Dec 3rd	FRI - Dec 4th
Breakfast: cereal, oatmeal bar, juice, apple slices, milk	Breakfast: Muffin Top, Goldfish Graham, Juice, Fruit Choice, Milk	Breakfast: Cereal, Muffin Top, Fruit Choice, Juice & Milk	Breakfast: cereal, oatmeal bar, juice, apple slices, milk	Breakfast: Muffin Top, Goldfish Graham, Juice, Fruit Choice, Milk
Lunch Entrée: Mozzarella Sticks w/4oz marinara	Lunch Entrée: Cheeseburger on a Roll	Lunch Entrée: Baked Crispy Chicken Sandwich	Lunch Entrée: Mozzarella Sticks w/4oz marinara	Lunch Entrée: Cheeseburger on a Roll
Vegetable: Cupped Carrots	Vegetable: Green Beans	Vegetable: Cupped Carrots	Vegetable: Green Beans	Vegetable: Cupped Carrots
Applesauce Cup & Milk	Sides: Apple & Milk	Sides: Peaches & Milk	Applesauce Cup & Milk	Sides: Apple & 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	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

THIS MENU IS SUBJECT TO CHANGE WITHOUT ADVANCED NOTICE.

THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER