

Ithaca City School District

“fruits and veggies, more matters”

Low-Fat Smoothies Mixed Berry Smoothie, banana, 100% straw juice and non-fat choc milk!
Healthy and Delicious! *(thanks to Wegmans for donating the bananas)*



3rd Week of Sept - Put Fruit to work!

On Sept 23rd all ICSD employees will be offered a smoothie to sample as a healthy way to “love” and enjoy fruit! Please ask your cafeteria staff for a sample! Special delivery will be made to employees not in a school building. Enjoying staff wellness!

