

JANUARY 2022

Skaneateles Elementary School
Menu Subject to change

Available Daily:
Peanut butter & Jelly
Yogurt meals

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Chicken Nuggets</u> 3 Oven Fries Assorted Fruit Veggies/Dip Milk Choice	<u>Taco Tuesday!</u> <u>Beef Soft Taco</u> 4 <u>Lettuce, Tomato & Cheese</u> Black Beans Assorted Fruit Veggies/Dip Milk Choice	<u>Brunch For Lunch!</u> <u>French Toast Sticks w /Syrup</u> 5 Sausage Links Hash Brown Assorted Fruit Veggies/Dip Milk Choice	<u>Pasta w/ Chicken</u> <u>Alfredo Sauce</u> 6 Steamed Carrots Assorted Fruit Veggies/Dip Milk Choice	<u>Mozzarella Sticks</u> <u>Marinara Sauce</u> 7 Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice
<u>Home-style Mac & Cheese</u> 10 Steamed Broccoli Assorted Fruit Veggies/Dip Milk Choice	<u>Chinese Take Out!</u> <u>Orange Chicken</u> 11 Steamed Brown Rice Steamed Edamame Assorted Fruit Veggies/Dip Milk Choice	<u>Brunch For Lunch!</u> <u>Sausage, Egg & Cheese on</u> <u>Whole Grain Bagel</u> 12 Dragon Punch Juice Assorted Fruit Veggies/Dip Milk Choice	<u>Turkey Corn Dog</u> 13 Sweet Corn Sweet Potato Fries Assorted Fruit Veggies/Dip Milk Choice	<u>Homemade Cheese Pizza</u> 14 Tossed Romaine Salad Veggies/Dip Assorted Fruit Milk Choice
No School Martin Luther King Jr. Day 17	<u>Chicken Tenders</u> 18 Garbanzo Beans Assorted Fruit Veggie Cup/Dip Milk Choice	<u>Brunch For Lunch!</u> <u>French Toast Sticks w /Syrup</u> 19 Chicken Sausage Tator Tots Assorted Fruit Veggies/Dip Milk Choice	<u>Ultimate Grilled Cheese</u> 20 Low Sodium Tomato Soup Assorted Fruit Veggies/Dip Milk Choice	<u>Cheeseburger on Whole Grain</u> <u>Bun</u> 21 Steamed Broccoli Oven Fries Assorted Fruit Veggies/Dip Milk Choice
<u>Whole Grain Popcorn Chicken</u> 24 Sweet Potato Fries Assorted Fruit Veggies/Dip Milk Choice	<u>Taco Tuesday!</u> <u>Beef Soft Taco</u> 25 <u>Lettuce, Tomato & Cheese</u> <u>Fiesta Beans</u> Assorted Fruit Veggies/Dip Milk Choice	<u>Brunch For Lunch!</u> <u>Mini Pancakes w/ Syrup</u> 26 Chicken Sausage Cherry Star Juice Assorted Fruit Veggies/Dip Milk Choice	<u>Cheesy Bites w/</u> <u>Marinara Sauce</u> 27 Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	<u>Personal Pan Pizza</u> 28 Tossed Romaine Salad Veggies/Dip Assorted Fruit Milk Choice
<u>Meatball Sub Sandwich</u> 31 Steamed Green Beans Assorted Fruit Veggies/Dip Milk Choice				

The 5 Food Components that make up a meal are: Meat/Meat Alternate, Grain, Fruit, Veggie & Milk. Students must have at least 3 menu items on their tray to count as a lunch. One item must be a fruit or veggie. A variety of fresh/canned fruits & veggies and milk choice are available each day. Additional entrees charged as a la carte item.

Skaneateles Central School is an equal opportunity employer.

Elementary School Lunch Price \$0.00 Milk ONLY \$0.75