

Monday

Tuesday

Wednesday

Thursday

Friday

4
Whole Grain Chicken Patty on Bun
Baked Beans
Assorted Fruit
Veggies/Dip
Whole Grain Cookies
Milk Choice

5
Chinese Take Out!
Orange Chicken
Steamed Brown Rice
Steamed Edamame
Assorted Fruit
Veggies/Dip
Milk Choice

6
Brunch For Lunch!
Mini Waffles w/ Syrup
Chicken Sausage
Sunset Juice
Assorted Fruit
Milk Choice

7
NY Thursday
Barilla Pasta & Meat sauce
Seasoned Green Beans
Whole Grain Garlic Bread
Veggies/Dip
Assorted Fruit
Milk Choice

1
Ultimate Grilled Cheese
Low Sodium Tomato Soup
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

11
Columbus Day
No School

12
Whole Grain Chicken Tenders
Oven Fries
Veggie/ dip
Assorted Fruit
Milk Choice

13
Brunch For Lunch!
French Toast Sticks with Syrup
Chicken Sausage
Dragon Punch Juice
Assorted Fruit
Milk Choice

14
Homestyle Mac & Cheese
Whole Grain Dinner Roll
Steamed Carrots
Assorted Fruit
Veggies/Dip
Milk Choice

15
Personal Pan Pizza
Tossed Romaine Salad
Veggies/Dip
Assorted Fruit
Milk Choice

18
Cheeseburger on Whole Grain Bun
Sweet Potato Waffle Fries
Assorted Fruit
Veggies/Dip
Tossed Romaine Salad
Milk Choice

19
Taco Tuesday!
Beef Soft Taco with Lettuce, Tomato & Cheese
Taco Fiesta Black Beans
Assorted Fruit
Veggies/Dip
Milk Choice

20
Brunch For Lunch!
Mini Chocolate Chip Pancakes w/ Syrup
Chicken Sausage
Veggies/Dip
Chilled Peaches
Milk Choice

21
Whole Grain Chicken Tenders
Emoji Fries
Veggie/ dip
Assorted Fruit
Milk Choice

22
Staff Development Day
No School

25
Hot Dog on Bun
Garbanzo Beans
Assorted Fruit
Veggies/Dip
Tossed Romaine Salad
Milk Choice

26
Mozzarella Sticks w/ Marinara Sauce
Tossed Romaine Salad
Assorted Fruit
Carrot Veggie/Dip
Milk Choice

27
Brunch For Lunch!
Mini Waffles w/ Syrup
Chicken Sausage
Sunset Juice
Assorted Fruit
Milk Choice

28
Chicken Nuggets
Oven Fries
Steamed Broccoli
Assorted Fruit
Veggies/Dip
Milk Choice

29
Homemade Cheese Pizza
Tossed Romaine Salad
Veggies/Dip
Assorted Fruit
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.

Skaneateles Central School is an equal opportunity employer.

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