

# JANUARY 2022

Skaneateles Middle/High School  
Menu Subject to change

Available Daily:  
PBJ, Yogurt Parfait, Pizza, Chicken  
Patty  
Deli Bar (Wraps, Panini)  
Julienne Salad Made to Order

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Whole Grain Popcorn Chicken</b> 3</p> <p>Oven Fries Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p><b>Taco Tuesday!</b> 4 <b>Beef or Chicken Burrito Bar</b></p> <p>Black Beans Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p><b>Brunch For Lunch!</b> 5 <b>French Toast Sticks w /Syrup</b></p> <p>Sausage Links Assorted Fruit Veggies/Dip Milk Choice</p>	<p><b>Pasta w/ Chicken</b> 6 <b>Alfredo Sauce</b></p> <p>Steamed Carrots Whole grain garlic bread Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p><b>Mozzarella Sticks</b> 7 <b>Marinara Sauce</b></p> <p>Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>
<p><b>Home-style Mac &amp; Cheese</b> 10</p> <p>Whole Grain Dinner Roll Steamed Broccoli Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p><b>Chinese Take Out!</b> 11 <b>Sweet and Sour Chicken</b></p> <p>Steamed Brown Rice Steamed Edamame Whole Grain Dinner Roll Assorted Fruit Veggies/Dip Milk Choice</p>	<p><b>Brunch For Lunch!</b> 12 <b>Sausage, Egg &amp; Cheese on Whole Grain Bagel</b></p> <p>Assorted Fruit Veggies/Dip Milk Choice</p>	<p><b>Burger Bar</b> 13</p> <p>Potato Wedges Steamed Carrots Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p><b>Homemade Pizza Bar</b> 14</p> <p>Tossed Romaine Salad Veggies/Dip Assorted Fruit Milk Choice</p>
<p><b>No School</b> 17 <b>Martin Luther King Jr. Day</b></p>	<p><b>Taco Tuesday!</b> 18 <b>Beef Soft Taco</b></p> <p><b>Lettuce, Tomato &amp; Cheese Fiesta Beans</b></p> <p>Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p><b>Brunch For Lunch!</b> 19 <b>French Toast Sticks w /Syrup</b></p> <p>Chicken Sausage Tator Tots Assorted Fruit Veggies/Dip Milk Choice</p>	<p><b>Ultimate Grilled Cheese</b> 20</p> <p>Low Sodium Tomato Soup Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p><b>Burger Bar</b> 21</p> <p>Oven Fries Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>
<p><b>Whole Grain Chicken Tenders</b> 24</p> <p>Oven Fries Baked Beans Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p><b>Chinese Take Out!</b> 25 <b>General Tso</b></p> <p>Steamed Brown Rice Steamed Broccoli Whole Grain Dinner Roll Assorted Fruit Veggies/Dip Milk Choice</p>	<p><b>Brunch For Lunch!</b> 26 <b>Mini Pancakes w/ Syrup</b></p> <p>Sausage Links Assorted Fruit Veggies/Dip Milk Choice</p>	<p><b>Cheesy Bites w/ Marinara Sauce</b> 27</p> <p>Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p><b>Personal Pan Pizza</b> 28</p> <p>WG Cookie Tossed Romaine Salad Veggies/Dip Assorted Fruit Milk Choice</p>
<p><b>Meatball Sub Sandwich</b> 31</p> <p>Steamed Green Beans Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>				

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**