

NOVEMBER 2021

Skaneateles Middle/High School Menu

Menu Subject to change

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Whole Grain Chicken Tenders</u> 1</p> <p>Emoji Fries Garlic Knot Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p><u>Burrito/Bowl Bar</u> 2</p> <p><u>Beef or Chicken</u> Taco Fiesta Black Beans Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p><u>Brunch for Lunch!</u> 3</p> <p><u>Breakfast Pizza</u> Hash Brown Tossed Romaine Salad Assorted Fruit, Veggies/Dip Milk Choice</p>	<p><u>Chicken Parmesan Sandwich</u> 4</p> <p>(Chicken, Tomato Sauce, Cheese) Steamed Carrots Tossed Romaine Salad Assorted Fruit Veggies/ dip Milk choice</p>	<p><u>Whole Grain Mozzarella Sticks w/</u> 5</p> <p><u>Marinara Sauce</u> Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>
<p><u>Popcorn Chicken</u> 8</p> <p>Sweet potato Fries WG Dinner Roll Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice</p>	<p><u>Chinese Take Out!</u> 9</p> <p><u>General Tso Chicken</u> Steamed Brown Rice Steamed Edamame Assorted Fruit Milk Choice Veggies/Dip</p>	<p><u>Brunch For Lunch!</u> 10</p> <p><u>French toast Sticks</u> Chicken Sausage Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice</p>	<p>Veteran's Day No School</p>	<p><u>Cheesy Bread Sticks w/</u> 12</p> <p><u>Marinara Sauce</u> Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>
<p><u>Whole Grain Chicken Tenders</u> 15</p> <p>WG Dinner Roll Baked Beans Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p><u>Homemade Pasta</u> 16</p> <p><u>& Meat sauce</u> Seasoned Green Beans Whole Grain Garlic Toast Assorted Fruit Veggies/Dip Milk Choice</p>	<p><u>Oven Roasted Turkey with Gravy</u> 17</p> <p>Whole Grain Dinner Roll Creamy Mashed Potatoes Steamed Carrot Coins Assorted Fruit Milk choice</p>	<p><u>Whole Grain Mozzarella Sticks</u> 18</p> <p>With Marinara Sauce Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p><u>Homemade Pizza Bar</u> 19</p> <p>Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>
<p><u>Hamburger Bar</u> 22</p> <p><u>French Fries</u> Tossed Romaine Salad California Blend Vegetables Assorted Fruit Veggies/Dip Milk Choice</p>	<p><u>Hot Dog Bar</u> 23</p> <p>Sweet Potato Fries Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p>Thanksgiving Break No School</p>	<p>Thanksgiving Break 25</p> <p>No School</p> 	<p>Thanksgiving Break 26</p> <p>No School</p>
<p><u>Whole Grain Chicken Tenders</u> 29</p> <p>WG Cookie Oven Fries Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p><u>Whole Grain Mozzarella Sticks</u> 30</p> <p>With Marinara Sauce Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p>Breakfast: \$Free Lunch: \$Free (One free Breakfast/lunch per student 2nd Meal \$3.25)</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.
MS/HS School Lunch Price \$0.00 (one free lunch per student)