

Monday

Whole Grain Chicken Tenders 2

Criss Cross Sweet Potato Fries
WG Cookie
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Boneless Chicken Wings 9

WG Cookie
Sweet Potato Fries
Baked Beans
Assorted Fruit
Veggies/Dip
Tossed Romaine Salad
Milk Choice

Whole Grain Chicken Tenders 16

Potato Wedges
Steamed Broccoli
WG Cookie
Tossed Romaine Salad
Assorted Fruit /Veggies/Dip
Milk Choice

Popcorn Chicken 23

Sweet Potato Fries
WG Biscuit
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

30

**No School
Memorial Day**

Tuesday

Mac & Cheese 3

Whole Grain Dinner Roll
Seasoned Green Beans
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Chinese Take Out! 10

General Tso'
Steamed Brown Rice
Steamed Broccoli
WG Dinner Roll
Tossed Romaine Salad
Assorted Fruit /Veggie/dip
Milk Choice

Cheesy Bosco Sticks 17

Marinara Sauce
Steamed Carrots
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Taco Tuesday 24

Burrito Bar
Brown Rice
Refried Beans
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Whole Grain Mozzarella Sticks 31

Marinara Sauce
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Wednesday

Brunch For Lunch! 4

French Toast Sticks w/Syrup
Chicken Sausage Links
Hash Brown
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Brunch For Lunch! 11

Breakfast Pizza
Tator Tots
Assorted Fruit
Veggies/dip
Tossed Romaine Salad
Milk choice

Brunch For Lunch! 18

Mini Pancakes w/ Syrup
Sausage Links
Hash Brown
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Brunch For Lunch! 25

French Toast Sticks w/Syrup
Chicken Sausage Links
Tator Tots
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Thursday

Cinco de Mayo 5

Walking Taco
Nacho Chips, Taco meat
Lettuce, Tomato & Cheese
Black Beans
Tossed Romaine Salad
Assorted Fruit, Veggies/Dip
Milk Choice

Penne Pasta & Meat Sauce 12

Seasoned Green Beans
Garlic Toast
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Burger Bar 19

Sweet Potato Fries
Baked Beans
Cooked Spinach
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Qven Baked Barbeque Chicken, 27

Or Chicken wing and Drum Sticks
Mashed Potatoes
Seasoned Green Beans
Whole Grain Dinner Roll
Tossed Romaine Salad
Assorted Fruit/ Veggies/Dip
Milk Choice

Friday

Whole Grain Mozzarella Sticks 9

Marinara Sauce
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Homemade Pizza Bar 13

Steamed Carrots
Tossed Romaine Salad
Veggies/Dip
Assorted Fruit
Milk Choice

Pizza Crunchers 20

With Marinara
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Homemade Pizza Bar 27

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. Additional entrees charged as a la carte item.

Skaneateles Central School is an equal opportunity employer.

Middle/ High School Lunch Price \$0.00 Milk ONLY \$0.75