

Monday

Tuesday

Wednesday

Thursday

Friday

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

5
Chinese Take Out!
General Tso Chicken
 Steamed Brown Rice
 Steamed Edamame
 WG Dinner Roll
 Assorted Fruit
 Veggies/Dip
 Milk Choice

6
WG Mozzarella Sticks w/
Marinara Sauce
 Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 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

8
Homemade Cheese Pizza
 Tossed Romaine Salad
 Veggies/Dip
 Assorted Fruit
 Milk Choice

11
Columbus Day
No School

12
Whole Grain Chicken Tenders
 Oven Fries
 WG Cookie
 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
 Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

15
Cheesy Bread Sticks w/
Marinara Sauce
 Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

18
Hamburger Bar
 Sweet Potato Waffle Fries
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

19
Nacho Grande
 w/ Taco Meat, Cheese, Lettuce,
 Tomato on Tortilla Chips
 Cheesy Bean Dip
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

20
Meatball Sub Sandwich
 Steamed Broccoli
 Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

21
Penne Pasta with Chicken Alfredo
Sauce
Texas Garlic Toast
 Veggie/ dip
 Assorted Fruit
 Milk Choice

22
Staff Development Day
No School

25
Hot Dog Bar
 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
Boneless Chicken Wings
BBQ or Hot
 WG Dinner Roll
 Crunchy Carrots & Celery Sticks w/ Ranch
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

28
Popcorn Chicken
 Oven Fries
 WG Cookie
 Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

29
Pizza Crunchers &
Mozzarella Sticks w/
Marinara Sauce
 Seasoned Green Beans
 Tossed Romaine Salad
 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.