

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