

Monday

Gluten Free Chicken Tenders 2

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

Gluten Free Chicken Tenders 7

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

Gluten Free Chicken Tenders 16

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

Gluten Free Chicken Tenders 23

Sweet Potato Fries
Gluten Free Dinner Roll
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

30

**No School
Memorial Day**

Tuesday

Gluten Free Mac & Cheese 3

Gluten Free 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
Gluten Free Dinner Roll
Tossed Romaine Salad
Assorted Fruit /Veggie/dip
Milk Choice

Gluten Free Mozzarella 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

Gluten Free Mozzarella Sticks 31

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

Wednesday

Brunch For Lunch! 4

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

Brunch For Lunch! 11

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

Brunch For Lunch! 18

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

Brunch For Lunch! 25

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

Thursday

Cinco de Mayo

Walking Taco 5
Nacho Chips, Taco meat
Lettuce, Tomato & Cheese
Black Beans
Tossed Romaine Salad
Assorted Fruit, Veggies/Dip
Milk Choice

Gluten Free Penne Pasta 12

Meat Sauce
Seasoned Green Beans
Gluten Free Garlic Toast
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Burger Bar On Gluten Free Bun 19

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

Oven Baked Barbeque Chicken
Or Chicken wing and Drum Sticks

Mashed Potatoes
Seasoned Green Beans
Gluten Free Dinner Roll
Tossed Romaine Salad
Assorted Fruit/ Veggies/Dip
Milk Choice

Friday

Gluten Free Mozzarella Sticks 5

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

Gluten Free Pizza Bar 13

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

Gluten Free Mozzarella Sticks 20

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

Gluten Free 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