


| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <u>GF Chicken Tenders</u> 1 Emoji Fries GF Dinner Roll Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice | <u>Burrito/Bowl Bar</u> 2 <u>Beef or Chicken</u> Taco Fiesta Black Beans Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice | <u>Brunch for Lunch!</u> 3 <u>GF Breakfast Pizza</u> Hash Brown Tossed Romaine Salad Assorted Fruit, Veggies/Dip Milk Choice | <u>Chicken Parmesan</u> 4 <u>Sandwich on GF Bun</u> (Chicken, Tomato Sauce, Cheese) Steamed Carrots Tossed Romaine Salad Assorted Fruit Veggies/ dip Milk choice | <u>GF Mozzarella Sticks w/</u> 5 <u>Marinara Sauce</u> Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice |
| <u>GF Chicken Tenders</u> 8 Sweet potato Fries GF Dinner Roll Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice | <u>Chinese Take Out!</u> 9 <u>GF General Tso Chicken</u> Steamed Brown Rice Steamed Edamame Assorted Fruit Milk Choice Veggies/Dip | <u>Brunch For Lunch!</u> 10 <u>GF French toast Sticks</u> Chicken Sausage Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice | 11 Veteran's Day No School | <u>GF Mozzarella Sticks w/</u> 12 <u>Marinara Sauce</u> Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice |
| <u>GF Chicken Tenders</u> 15 GF Dinner Roll Baked Beans Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice | <u>GF Homemade Pasta</u> 16 <u>& Meat sauce</u> Seasoned Green Beans GF Garlic Toast Assorted Fruit Veggies/Dip Milk Choice | <u>Oven Roasted Turkey with Gravy</u> 17 GF Dinner Roll Creamy Mashed Potatoes Steamed Carrot Coins Assorted Fruit Milk choice | <u>GF Mozzarella Sticks</u> 18 With Marinara Sauce Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice | <u>GF Homemade Pizza Bar</u> 19 Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice |
| <u>Hamburger Bar on GF Bun</u> 22 <u>French Fries</u> Tossed Romaine Salad California Blend Vegetables Assorted Fruit Veggies/Dip Milk Choice | <u>Hot Dog Bar on GF Bun</u> 23 Sweet Potato Fries Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice | 24 Thanksgiving Break No School | 25 Thanksgiving Break No School  | 26 Thanksgiving Break No School |
| <u>GF Chicken Tenders</u> 29 GF Cookie Oven Fries Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice | <u>GF Mozzarella Sticks</u> 30 With Marinara Sauce Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice | Breakfast: \$Free Lunch: \$Free (One free Breakfast/lunch per student 2nd Meal \$3.25) | | |

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)