

Monday

Tuesday

Wednesday

Thursday

Friday

<p>4</p> <p><u>Chicken Patty on GF Bun</u> Baked Beans Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p>5</p> <p><u>Chinese Take Out!</u> <u>GF General Tso Chicken</u> Steamed Brown Rice Steamed Edamame GF Dinner Roll Assorted Fruit Veggies/Dip Milk Choice</p>	<p>6</p> <p><u>GF Mozzarella Sticks w/ Marinara Sauce</u> Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p>7</p> <p><u>NY Thursday</u> <u>GF Barilla Pasta & Meat sauce</u> Seasoned Green Beans GF Garlic Bread Veggies/Dip Assorted Fruit Milk Choice</p>	<p>1</p> <p><u>Gf Ultimate Grilled Cheese</u> Low Sodium Tomato Soup Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>
<p>11</p> <p><u>Columbus Day</u> <u>No School</u></p>	<p>12</p> <p><u>GF Chicken Tenders</u> Oven Fries GF Cookie Veggie/ dip Assorted Fruit Milk Choice</p>	<p>13</p> <p><u>Brunch For Lunch!</u> <u>GF French Toast Sticks with Syrup</u> Chicken Sausage Dragon Punch Juice Assorted Fruit Milk Choice</p>	<p>14</p> <p><u>GF Homestyle Mac & Cheese</u> GF Dinner Roll Steamed Carrots Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p>8</p> <p><u>GF Cheese Pizza</u> Tossed Romaine Salad Veggies/Dip Assorted Fruit Milk Choice</p>
<p>18</p> <p><u>Hamburger Bar on GF Roll</u> Sweet Potato Waffle Fries Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice</p>	<p>19</p> <p><u>Nacho Grande</u> w/ Taco Meat, Cheese, Lettuce, Tomato on Tortilla Chips Cheesy Bean Dip Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice</p>	<p>20</p> <p><u>Meatball on GF Sub Sandwich</u> Steamed Broccoli Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p>21</p> <p><u>GF Pasta with Chicken Alfredo Sauce</u> <u>Texas Garlic Toast</u> Veggie/ dip Assorted Fruit Milk Choice</p>	<p>15</p> <p><u>GF Mozzarella Sticks w/ Marinara Sauce</u> Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>
<p>25</p> <p><u>Popcorn Chicken</u> Oven Fries GF Cookie Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p>26</p> <p><u>GF Mozzarella Sticks w/ Marinara Sauce</u> Tossed Romaine Salad Assorted Fruit Carrot Veggie/Dip Milk Choice</p>	<p>27</p> <p><u>Boneless Chicken Wings</u> <u>BBQ or Hot</u> GF Dinner Roll Crunchy Carrots & Celery Sticks w/ Ranch Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice</p>	<p>28</p> <p><u>Hot Dog Bar on GF Roll</u> Garbanzo Beans Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice</p>	<p>22</p> <p><u>Staff Development Day</u> <u>No School</u></p>
<p>25</p> <p><u>Popcorn Chicken</u> Oven Fries GF Cookie Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p>26</p> <p><u>GF Mozzarella Sticks w/ Marinara Sauce</u> Tossed Romaine Salad Assorted Fruit Carrot Veggie/Dip Milk Choice</p>	<p>27</p> <p><u>Boneless Chicken Wings</u> <u>BBQ or Hot</u> GF Dinner Roll Crunchy Carrots & Celery Sticks w/ Ranch Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice</p>	<p>28</p> <p><u>Hot Dog Bar on GF Roll</u> Garbanzo Beans Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice</p>	<p>29</p> <p><u>GF Pizza</u> Seasoned 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.