

Monday	Tuesday	Wednesday	Thursday	Friday
Gluten Free Chicken Tenders 3 Oven Fries Assorted Fruit Veggies/Dip Milk Choice	Taco Tuesday! Beef Soft Taco 4 On Gluten Free Shell Lettuce, Tomato & Cheese Black Beans Assorted Fruit Veggies/Dip Milk Choice	Brunch For Lunch! 5 Gluten Free French Toast Sticks w/Syrup Sausage Links Hash Brown Assorted Fruit Veggies/Dip Milk Choice	Gluten Free Pasta w/ Chicken Alfredo Sauce 6 Steamed Carrots Assorted Fruit Veggies/Dip Milk Choice	Gluten Free Mozzarella Sticks w/ Marinara Sauce 7 Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice
Gluten Free Home-style Mac & Cheese 10 Steamed Broccoli Assorted Fruit Veggies/Dip Milk Choice	Chinese Take Out! Orange Chicken 11 Steamed Brown Rice Steamed Edamame Assorted Fruit Veggies/Dip Milk Choice	Brunch For Lunch! Sausage, Egg & Cheese On Gluten Free Bagel! 12 Dragon Punch Juice Assorted Fruit Veggies/Dip Milk Choice	Hot Dog on Gluten Free Bun 13 Sweet Corn Sweet Potato Fries Assorted Fruit Veggies/Dip Milk Choice	Gluten Free Pizza 14 Tossed Romaine Salad Veggies/Dip Assorted Fruit Milk Choice
No School Martin Luther King Jr. Day 17	Gluten Free Chicken Tenders 18 Garbanzo Beans Assorted Fruit Veggie Cup/Dip Milk Choice	Brunch For Lunch! Gluten Free French Toast Sticks w/Syrup 19 Chicken Sausage Tator Tots Assorted Fruit Veggies/Dip Milk Choice	Ultimate Grilled Cheese On Gluten Free Bread 20 Low Sodium Tomato Soup Assorted Fruit Veggies/Dip Milk Choice	Cheeseburger on Gluten Free Bun 21 Steamed Broccoli Oven Fries Assorted Fruit Veggies/Dip Milk Choice
Gluten Free Chicken Tenders 24 Sweet Potato Fries Assorted Fruit Veggies/Dip Milk Choice	Taco Tuesday! Beef Soft Taco 25 on Gluten Free Shell Lettuce, Tomato & Cheese Fiesta Beans Assorted Fruit Veggies/Dip Milk Choice	Brunch For Lunch! Gluten Free French Toast Sticks w/Syrup 26 Chicken Sausage Cherry Star Juice Assorted Fruit Veggies/Dip	Gluten Free Mozzarella Sticks w/ Marinara Sauce 27 Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	Gluten Free Pizza 28 Tossed Romaine Salad Veggies/Dip Assorted Fruit Milk Choice
Meatball Sub On Gluten Free Bun 31 Steamed Green Beans 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.

Elementary School Lunch Price \$0.00 Milk ONLY \$0.75