

Monday

Gluten Free Chicken Tenders 2

Smiley Fries
Assorted Fruit
Veggies/Dip
Milk Choice

Gluten Free Chicken Tenders 7

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

Gluten Free Chicken Tenders 16

Steamed Broccoli
Oven Fries
Assorted Fruit
Veggies/Dip
Milk Choice

Gluten Free Chicken Tenders 23

Seasoned potato wedges
Assorted Fruit
Veggies/Dip
Milk Choice

Gluten Free Chicken Tenders 30



Tuesday

**Deli Turkey with cheese
On Gluten Free Bread** 3

Baked Lays Chips
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Chinese Take Out! 10

Orange Chicken
Steamed Brown Rice
Steamed Broccoli
Assorted Fruit
Veggie/dip
Milk Choice

**Gluten Free Mozzarella Sticks
Marinara Sauce** 17

Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Taco Tuesday 24

Tacos with Lettuce, Tomato &
Cheese
Refried Beans
Assorted Fruit
Veggies/Dip
Milk Choice

**Gluten Free Mozzarella Sticks
Marinara Sauce** 31

Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Wednesday

**Brunch For Lunch!
Gluten Free French Toast Sticks** 4

Syrup
Danimal Yogurt
Sunset sip
Assorted Fruit
Veggies/Dip
Milk Choice

**Brunch For Lunch!
Gluten Free French Toast Sticks** 11

Turkey Sausage Links
Tator tots
Assorted Fruit
Veggies/Dip
Milk Choice

**Brunch For Lunch!
Gluten Free French Toast Sticks** 18

Syrup
Danimal Yogurt
Hash Brown
Assorted Fruit
Veggies/Dip
Milk Choice

**Brunch For Lunch!
Gluten Free French Toast Sticks** 25

Syrup
Chicken Sausage
Cherry star
Assorted Fruit
Veggies/Dip
Milk Choice

Thursday

**Cinco de Mayo
Walking Taco** 5

Nacho Chips, taco meat
Lettuce, Tomato & Cheese
Black Beans
Assorted Fruit, Veggies/Dip
Milk Choice

**Gluten Free Penne Pasta
With Meat Sauce** 12

Steamed Carrots
Gluten Free Garlic Toast
Assorted Fruit
Veggies/Dip
Milk Choice

Hot Dog on Gluten Free Bun 19

Sweet Potato Fries
Baked Beans
Assorted Fruit
Veggies/Dip
Milk Choice

Chicken Patty on Gluten Free Bun 26

Sweet Potato Fries
Steamed Green Beans
Assorted Fruit
Veggies/Dip
Milk Choice

Friday

**Gluten Free Mozzarella Sticks
Marinara Sauce** 8

Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Gluten Free Cheese Pizza 13

Tossed Romaine Salad
Veggies/Dip
Assorted Fruit
Milk Choice

**Gluten Free Mozzarella Sticks
Marinara Sauce** 20

Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Gluten Free Cheese Pizza 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.

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