

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**4**  
Chicken Patty on GF Bun  
 Baked Beans  
 Assorted Fruit  
 Veggies/Dip  
 Whole Grain Cookies  
 Milk Choice

**5**  
**Chinese Take Out!**  
GF Orange Chicken  
 Steamed Brown Rice  
 Steamed Edamame  
 Assorted Fruit  
 Veggies/Dip  
 Milk Choice

**6**  
**Brunch For Lunch!**  
GF Mini Waffles w/ Syrup  
 Chicken Sausage  
 Sunset Juice  
 Assorted Fruit  
 Milk Choice

**7**  
**NY Thursday**  
GF Barilla Pasta & Meat sauce  
 Seasoned Green Beans  
 Whole Grain Garlic Bread  
 Veggies/Dip  
 Assorted Fruit  
 Milk Choice

**1**  
GF Ultimate Grilled Cheese  
 Low Sodium Tomato Soup  
 Tossed Romaine Salad  
 Assorted Fruit  
 Veggies/Dip  
 Milk Choice

**8**  
GF Pizza  
 Tossed Romaine Salad  
 Veggies/Dip  
 Assorted Fruit  
 Milk Choice

**11**  
Columbus Day  
No School

**12**  
GF Chicken Tenders  
 Oven Fries  
 Veggie/ dip  
 Assorted Fruit  
 Milk Choice

**13**  
**Brunch For Lunch!**  
GF French Toast Sticks with Syrup  
 Chicken Sausage  
 Dragon Punch Juice  
 Assorted Fruit  
 Milk Choice

**14**  
GF Homestyle Mac & Cheese  
GF Dinner Roll  
 Steamed Carrots  
 Assorted Fruit  
 Veggies/Dip  
 Milk Choice

**15**  
GF Pizza  
 Tossed Romaine Salad  
 Veggies/Dip  
 Assorted Fruit  
 Milk Choice

**18**  
Cheeseburger on GF Bun  
Sweet Potato Waffle Fries

Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

**19**  
**Taco Tuesday!**  
Beef Soft Taco with Lettuce, Tomato & Cheese  
 Taco Fiesta Black Beans  
 Assorted Fruit  
 Veggies/Dip  
 Milk Choice

**20**  
**Brunch For Lunch!**  
GF Mini Chocolate Chip Pancakes w/ Syrup  
 Chicken Sausage  
 Veggies/Dip  
 Chilled Peaches  
 Milk Choice

**21**  
GF Chicken Tenders  
 Emoji Fries  
 Veggie/ dip  
 Assorted Fruit  
 Milk Choice

**22**  
Staff Development Day  
No School

**25**  
GF Chicken Tenders  
Oven Fries  
 Steamed Broccoli  
 Assorted Fruit  
 Veggies/Dip  
 Milk Choice

**26**  
GF Mozzarella Sticks w/ Marinara Sauce  
 Tossed Romaine Salad  
 Assorted Fruit  
 Carrot Veggie/Dip  
 Milk Choice

**27**  
**Brunch For Lunch!**  
GF Mini Waffles w/ Syrup  
 Chicken Sausage  
 Sunset Juice  
 Assorted Fruit  
 Milk Choice

**28**  
Hot Dog on GF Bun  
 Garbanzo Beans  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

**29**  
GF Pizza  
 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.

Skaneateles Central School is an equal opportunity employer.

**Elementary School Lunch Price \$0.00 Milk Only \$0.75**