

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>GF Mozzarella Sticks w/ Marinara Sauce</u> 3</p> <p>Steamed Broccoli Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice</p>	<p><u>GF Chicken Fajitas w/ Pepper and Onion</u> 4</p> <p>Rice Black Beans Mexican Corn Salad Assorted Fruit Veggies/Dip Tossed Romaine Salad</p>	<p>Brunch For Lunch! 5</p> <p><u>GF French Toast Sticks</u></p> <p>Sausage Patty Orange Medley Juice Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice</p>	<p><u>GF Meatball Sub on GF Roll</u> 6</p> <p>Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p><u>Baked Shrimp w/ Dynamite sauce</u> 7</p> <p>Oven Fries GF Dinner Roll Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice</p>
<p><u>GF Chicken Tenders</u> 10</p> <p>Crunchy Carrots w/ Ranch Bush's Baked Beans GF Dinner Roll Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice</p>	<p>National "Have a Bagel" Day! 11</p> <p><u>Sausage, Egg & Cheese Breakfast Sandwich on GF Bagel</u></p> <p>Hash Browns Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice</p>	<p><u>GF Homemade Spaghetti & Meat Sauce</u> 12</p> <p>Seasoned Green Beans GF Dinner Roll Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice</p>	<p><u>Oven Roasted Turkey w/ GF Gravy</u> 13</p> <p>Mashed Potatoes Glazed Carrots GF Dinner Roll Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice</p>	<p><u>Ultimate Grilled Cheese On GF Bread</u> 14</p> <p>Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice</p>
<p><u>GF Home Style Mac & Cheese</u> 17</p> <p>GF Dinner Roll Green Beans Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice</p>	<p>Chinese Take Out! 18</p> <p><u>GF General Tso's Chicken</u></p> <p>With GF egg roll and Steamed Brown Rice Steamed Broccoli & Steamed Edamame Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice</p>	<p>Brunch For Lunch! 19</p> <p><u>GF Pancakes with Syrup</u></p> <p>Sausage Links Orange Medley Juice Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice</p>	<p><u>Hot Ham & Cheese on GF Roll</u> 20</p> <p>French Fries Assorted Fruit Veggies/Dip Tossed Romaine Salad</p>	<p>Christmas Break 21</p>
<p>Christmas Break 24</p>	<p>Christmas Break 25</p>	<p>Christmas Break 26</p>	<p>Christmas Break 27</p>	<p>Christmas Break 28</p>
<p>Christmas Break 31</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.

Skaneateles Central School is an equal opportunity employer.

Middle/High School Lunch Price \$3.00

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