

Monday
Tuesday
Wednesday
Thursday
Friday
Cheese Calzone w/ Marinara Sauce

Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

4
TACO TUESDAY!
Beef Tacos on Whole Grain Tortilla with cheese, lettuce & tomato

Refried beans
 Assorted Fruit
 Veggies & Dip/ Tossed Romaine Salad
 Milk Choice

5
Brunch For Lunch!
French Toast Sticks w/ Syrup

Wild Berry Smoothie
 Orange Medley Juice
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

6
Ultimate Grilled Cheese

Low Sodium Tomato Soup
 Seasoned Green Beans
 Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

7
Popcorn Chicken

Baked Beans
 Dinner Roll
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

1
Chicken Nuggets

Whole Grain Dinner Roll
 Oven Fries
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

8
Cheesy Bosco Sticks w/ Marinara Sauce

Steamed Broccoli
 Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

11
Chinese Take Out!
Sweet and Sour Chicken

Steamed Brown Rice
 Steamed Broccoli
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

12
Brunch For Lunch!
Mini Waffles with Syrup

Danimals Yogurt
 Cherry Star Juice
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

13
Oven Baked Chicken

Biscuit
 Mashed potatoes w/ Gravy
 Steamed Carrots
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

14
Popcorn Chicken

Baked Beans
 Dinner Roll
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

15
Boneless Chicken Wings BBQ or Hot

Crunchy Celery w/ Ranch
 Whole Grain Dinner Roll
 Assorted Fruit
 Veggies/Dip/ Tossed Romaine Salad
 Milk Choice

18
Nacho Grande
 w/ Taco Meat, Cheese, Lettuce, Tomato on Tortilla Chips

Vegetarian Refried Beans
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

19
Brunch For Lunch!
Mini Pancakes with Syrup

Danimals Yogurt
 Orange Medley Juice
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

20
Oven Roasted Turkey

Mashed Potatoes w/ Gravy
 Seasoned corn
 Whole Grain Dinner Roll
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

21
Chicken Nuggets WG Dinner Roll

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

22
Cheesy Bosco Sticks w/ Marinara Sauce

Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

25
Chinese Take Out!
Mandarin Orange Chicken

Steamed Brown Rice
 Steamed Broccoli or Edamame
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

26
Brunch For Lunch!
Bacon, Egg & Cheese on Whole Grain Bagel

Hash brown rounds
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

27
Home-style Mac & Cheese

Whole Grain Dinner Roll
 Seasoned Green Beans
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

28
Meatball Sub Sandwich

California Blend Veggies
 Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

29

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 is \$2.85