

Monday
Tuesday
Wednesday
Thursday
Friday

4
Cheese or Pepperoni Calzone w/ Marinara Sauce

Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

5
TACO TUESDAY!
Beef Tacos on Whole Grain Tortilla with cheese, lettuce & tomato

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

6
Brunch For Lunch!
French Toast Sticks with Syrup

Sausage Links
 Orange Medley Juice
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

7
Ultimate Grilled Cheese

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

1
Popcorn Chicken
 Baked Beans
 Dinner Roll
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

8
Whole Grain Shrimp Poppers w/ Dynamite sauce

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

11
Cheesy Bosco Sticks w/ Marinara Sauce

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

12
Chinese Take Out!
Sweet and Sour Chicken

Steamed Brown Rice
 Crispy Egg Roll
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

13
Brunch For Lunch!
Mini Waffles with Syrup

Sausage Patty
 Cherry Star Juice
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

14
Oven Baked Chicken

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

15
Popcorn Chicken

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

18
Boneless Chicken Wings BBQ or Hot

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

19
Nacho Grande

w/ Taco Meat, Cheese, Lettuce, Tomato on Tortilla Chips
 Vegetarian Refried Beans
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

20
Brunch For Lunch!
Mini Pancakes with Syrup

Sausage Links
 Orange Medley Juice
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

21
Oven Roasted Turkey

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

22
Philly Cheesesteak on Whole Grain Hoagie Roll w/ Peppers & Onions

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

25
Cheesy Bosco Sticks w/ Marinara Sauce

Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

26
Chinese Take Out!
General Tso's Chicken

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

27
Brunch For Lunch!
Bacon, Egg & Cheese on Whole Grain Bagel

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

28
Home-style Mac & Cheese

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

29
Meatball Sub Sandwich

California Blend Veggies
 Tossed Romaine Salad
 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 day 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

