

New this year: Students will pre-order meals for the entire week (Tues thru the following Mon.) Meals will be delivered to classroom

Monday
Tuesday
Wednesday
Thursday
Friday

5
GF Chicken Tenders
 Sweet Potato Fries
 Crunchy cucumbers w/ dip
 Fresh Pear
 Milk Choice

6
Chinese Take Out!
GF Mandarin Orange Chicken
 Steamed Brown Rice
 Crunchy Broccoli
 Fresh Oranges Wedges
 Milk Choice

7
Brunch For Lunch!
GF Pancakes w/ GF Syrup
 Chicken Sausage
 Baby Carrots & Dip
 Chilled Peaches
 Milk Choice

1
Oven Roasted Turkey with GF Gravy
 Gluten Free Dinner Roll
 Creamy Mashed Potatoes
 Carrot Coins
 Unsweetened Applesauce
 Milk choice

2
Homemade GF Cheese Pizza
 Tossed Romaine Salad & Dressing
 Crunchy Baby Carrots & Dip
 Chilled Peaches
 Milk Choice

8
Cheeseburger on GF Bun
 Emoji Fries
 Bush's Baked Beans
 Fresh NYS Apple
 Milk Choice

9
GF Pizza
 Tossed Romaine Salad w/ Dressing
 Fresh strawberry cup
 Milk Choice

12
No School

13
Taco Tuesday!
GF Beef Taco with Lettuce, tomato and Cheese on the side
 Taco Fiesta Black Beans
 Fresh Cantaloupe Chunks
 Milk choice

14
Brunch for Lunch!
GF Waffles with GF Syrup
 Danimals Yogurt
 Cherry Star Juice
 Chilled Peaches
 Milk Choice

15
NY Thursday
GF Pasta & Meatballs
 GF Garlic Toast
 Cucumber Slices & Celery Sticks
 Fresh NYS Apple
 Milk Choice

16
GF Cheese Pizza
 Tossed Romaine Salad & Dressing
 Crunchy Baby Carrots & Dip
 Fresh Orange Wedges
 Milk Choice

19
GF Pizza
 Broccoli & Cauliflower Florets w/ Dip
 Unsweetened Applesauce
 Milk Choice

20
All Natural Uncured Turkey Ham Lunchable
GF Crackers
 Cheese Stick
 Crunchy Veggies w/ Dip
 NYS Apple Slices
 Milk choice

21
Brunch For Lunch!
GF French Toast Sticks with GF Syrup
 Chicken Sausage
 Dragon Punch Juice
 Fresh NYS Apple
 Milk Choice

22
Chinese Take Out!
GF Sweet & Sour Chicken
 Steamed Brown Rice
 Steamed Edamame
 Crunch Baby Carrots & Dip
 Chilled Peaches
 Milk Choice

23
GF Pizza
 Tossed Romaine Salad w/ Dressing
 Fresh strawberry cup
 Milk Choice

26
GF Chicken Tenders w/ BBQ
 Carrots & Celery Sticks w/ Hummus
 Sweet Corn
 NYS Apple
 Milk choice

27
Turkey & Cheese Sandwich
On GF bread
 GF Crackers
 Baby Carrots w/ Dip
 Fresh Pear

28
Brunch For Lunch!
GF Pancakes with GF Syrup
 Danimals Yogurt
 Cherry Star Juice
 Unsweetened Applesauce
 Milk Choice

29
GF Homestyle Mac & Cheese
 GF Crackers
 Green Pepper Strips w/ Hummus
 NYS Apple Slices
 Milk Choice

30
GF Pizza
 Tossed Romaine Salad w/ Dressing
 Fresh strawberry cup
 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 \$0.75