

Monday

Tuesday

Wednesday

Thursday

Friday



BBQ Chicken Wings 1
Coleslaw
Baked Beans (30g)
Whole Grain Dinner Roll (15g)
Assorted Fruit (15g)
Veggies/dip
Tossed Romaine Salad
Milk choice

Ultimate Grilled Cheese (28g) 2
Low Sodium Tomato Soup (16g)
Tossed Romaine Salad
Assorted Fruit (15g)
Veggies/Dip
Milk Choice

Middle/High School Picnic 3
Cheeseburger/Hamburger or Hot Dogs (30g)
Salt Potatoes (26g)
Steamed Corn (7g)
Tossed Romaine Salad
Assorted Fruit (15g)
Veggies/Dip

Whole Grain Chicken Tenders (18g) 5
Whole Grain Cookie (15g)
Potato Fries (18g)
Tossed Romaine Salad
Assorted Fruit (15g)
Veggies/Dip
Milk Choice

Walking Taco (28g) 7
Nacho Chips, taco meat
Lettuce, Tomato & Cheese
Fiesta Beans (16g)
Tossed Romaine Salad
Assorted Fruit (15g)
Veggies/Dip
Milk Choice

Brunch For Lunch! 8
French Toast Sticks (38g)
Syrup (21g)
Sausage Links
Tator Tots (20g)
Tossed Romaine Salad
Assorted Fruit (15g) Veggies/Dip
Milk Choice

Pasta (29g) w/ Chicken 9
Alfredo Sauce (7g)
Steamed Carrots (6g)
Tossed Romaine Salad
Assorted Fruit (15g)
Veggies/Dip
Milk Choice

Pizza Crunchers (41g) 10
With Marinara
Tossed Romaine Salad
Assorted Fruit (15g)
Veggies/Dip
Milk Choice

Whole Grain Mozzarella Sticks (33g) 13
Marinara Sauce
Tossed Romaine Salad
Assorted Fruit (15g)
Veggies/Dip
Milk Choice

Chinese Take Out! 14
General Tso' Chicken
Steamed Brown Rice (22g)
Steamed Broccoli (7g)
Whole Grain Dinner Roll (15g)
Tossed Romaine Salad
Assorted Fruit (15g), Veggie/dip
Milk Choice

Pizza Bar (40g) 15
Tossed Romaine Salad
Veggies/Dip
Assorted Fruit (15g)
Milk Choice

Whole Grain Chicken Tenders (18g) 16
Sweet Potato Fries
Whole Grain Cookie (15g)
Tossed Romaine Salad
Assorted Fruit (15g)
Veggies/Dip
Milk Choice

Pulled Pork on Bun (30g) 17
Oven Fries (20g)
Baked Beans (30g)
Tossed Romaine Salad
Assorted Fruit (15g)
Veggie/dip
Milk Choice

20
NO SCHOOL

21
Manager's Choice
Tossed Romaine Salad
Assorted Fruit (15g)
Veggies/Dip
Milk Choice

22
½ day
NO LUNCH

23
Happy's
last DAY of school
½ day
NO LUNCH

24
NO SCHOOL

27

28

29

30



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. Additional entrees charged as a la carte item.

Skaneateles Central School is an equal opportunity employer.

Middle/High School Lunch Price \$0.00 Milk ONLY \$0.75