

Skaneateles Middle/High School Carbohydrate Menu
Menu Subject to change

Available Daily:
 PBJ (51g) Yogurt Parfait (52g w/ granola)
 Pizza (38g) Chicken Patty (15g w/o bun) 45g w/ Bun)
 Deli Bar -Wraps (48g), Panini (30g)
 Julienne Salad Made to Order

Monday

Tuesday

Wednesday

Thursday

Friday

Whole Grain Chicken Tenders (18g) 2

Criss Cross Sweet Potato Fries (24g0)
 Whole Grain Cookie (15g)
 Tossed Romaine Salad
 Assorted Fruit (15g), Veggies/Dip
 Milk Choice

Boneless Chicken Wings (15g) 9

Whole Grain Cookie (15g)
 Sweet Potato Fries (25g)
 Baked Beans (15g)
 Assorted Fruit (15g)
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

Whole Grain Chicken Tenders (18g) 16

Potato Wedges (18g)
 Steamed Broccoli (7g)
 Whole Grain Cookie (15g)
 Tossed Romaine Salad
 Assorted Fruit (15g) /Veggies/Dip
 Milk Choice

Popcorn Chicken (14g) 23

Sweet Potato Fries (25g)
 Whole Grain Biscuit (26g)
 Tossed Romaine Salad
 Assorted Fruit (15g)
 Veggies/Dip
 Milk Choice

30

No School Memorial Day

Mac & Cheese (33g) 3

Whole Grain Dinner Roll (15g)
 Seasoned Green Beans (4g)
 Tossed Romaine Salad
 Assorted Fruit (15g)
 Veggies/Dip
 Milk Choice

Chinese Take Out! General Tso' (10)

Steamed Brown Rice (22g)
 Steamed Broccoli (7g)
 Whole Grain Dinner Roll (15g)
 Tossed Romaine Salad
 Assorted Fruit (15g) /Veggie/dip
 Milk Choice

Cheesy Bosco Sticks (26g) 17

Marinara Sauce
 Steamed Carrots (6g)
 Tossed Romaine Salad
 Assorted Fruit (15g)
 Veggies/Dip
 Milk Choice

Taco Tuesday Burrito Bar (22g) 24

Brown Rice (22g)
 Refried Beans (20g)
 Tossed Romaine Salad
 Assorted Fruit (15g)
 Veggies/Dip
 Milk Choice

Whole Grain Mozzarella Sticks (33g) 31

Marinara Sauce
 Tossed Romaine Salad
 Assorted Fruit (15g)
 Veggies/Dip
 Milk Choice

Brunch For Lunch! French Toast Sticks (38g) 4

Syrup (21g)
 Chicken Sausage Links
 Hash Brown (16g)
 Tossed Romaine Salad
 Assorted Fruit (15g), Veggies/Dip
 Milk Choice

Brunch For Lunch! Breakfast Pizza (40g) 11

Tator Tots (20g)
 Assorted Fruit (15g)
 Veggies/dip
 Tossed Romaine Salad
 Milk choice

Brunch For Lunch! Mini Pancakes (38g) 18

Syrup (21g)
 Sausage Links
 Hash Brown (16g)
 Tossed Romaine Salad
 Assorted Fruit (15g) Veggies/Dip
 Milk Choice

Brunch For Lunch! French Toast Sticks (38g) 25

Syrup (21g)
 Chicken Sausage Links
 Tator Tots (20g)
 Tossed Romaine Salad
 Assorted Fruit (15g) Veggies/Dip
 Milk Choice

Cinco de Mayo Walking Taco (28g) 5

Nacho Chips, Taco meat Lettuce, Tomato & Cheese
 Black Beans (29g)
 Tossed Romaine Salad
 Assorted Fruit, (15g) Veggies/Dip
 Milk Choice

Penne Pasta (39g) 12

With Meat Sauce
 Seasoned Green Beans (4g)
 Whole Grain Garlic Knot (25g)
 Tossed Romaine Salad
 Assorted Fruit (15g)
 Veggies/Dip
 Milk Choice

Burger Bar (25g) 19

Sweet Potato Fries (25g)
 Baked Beans (15g)
 Cooked Spinach (4g)
 Tossed Romaine Salad
 Assorted Fruit (15g)
 Veggies/Dip
 Milk Choice

Oven Baked Barbeque Chicken, Or Chicken wing and Drum Sticks

Mashed Potatoes (17g)
 Seasoned Green Beans (4g)
 Whole Grain Dinner Roll (15g)
 Tossed Romaine Salad
 Assorted Fruit/ (15g) Veggies/Dip
 Milk Choice

Whole Grain Mozzarella Sticks (33g) 9

Marinara Sauce
 Tossed Romaine Salad
 Assorted Fruit (15g)
 Veggies/Dip
 Milk Choice

Homemade Pizza Bar (40g) 13

Steamed Carrots (6g)
 Tossed Romaine Salad
 Veggies/Dip
 Assorted Fruit (15g)
 Milk Choice

Pizza Crunchers (41g) 20

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

Homemade Pizza Bar (40g) 27

Tossed Romaine Salad
 Veggies/Dip
 Assorted Fruit (15g)
 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. 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