

Monday

Tuesday

Wednesday

Thursday

Friday



1
**No School
Staff Day**

GF Pizza **4**
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Chinese Take Out! **5**
GF Mandarin Orange Chicken
Steamed Rice
Steamed Broccoli & Egg Roll
Assorted Fruit
Veggies/Dip
Tossed Romaine Salad
Milk Choice

Brunch For Lunch! **6**
GF Waffles with Syrup
Sausage Patty
Orange Medley Juice
Assorted Fruit
Veggies/Dip
Tossed Romaine Salad
Milk Choice

GF Oven Baked Chicken w/ Gravy **7**
GF Roll
Mashed potatoes
Carrots
Assorted Fruit
Veggies/Dip
Tossed Romaine Salad
Milk Choice

GF Chicken Tenders **8**
Baked Beans
Oven fries
GF roll
Assorted Fruit
Veggies/Dip
Tossed Romaine Salad
Milk Choice

Hamburger Bar on GF Bun **11**
Broccoli
Assorted Fruit
Veggies/Dip
Tossed Romaine Salad
Milk Choice

Burrito Bar on GF Wrap **12**
Rice
Mexican Corn Salad
Assorted Fruit
Veggies/Dip
Tossed Romaine Salad
Milk Choice

Brunch For Lunch! **13**
Bacon, Egg & Cheese on GF Bread
Hash brown rounds
Assorted Fruit
Veggies/Dip
Tossed Romaine Salad
Milk Choice

Ultimate Grilled Cheese **14**
On GF Bread
Green Beans
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

GF Chicken Tenders **15**
Baked Beans
Assorted Fruit
Veggies/Dip
Tossed Romaine Salad
Milk Choice

18
**WINTER BREAK
PRESIDENTS DAY
NO SCHOOL**

19
**WINTER BREAK
NO SCHOOL**

20
**WINTER BREAK
NO SCHOOL**

21
**WINTER BREAK
NO SCHOOL**

22
**WINTER BREAK
NO SCHOOL**

GF Pizza **25**
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Chinese Take Out! **26**
GF General Tso's Chicken
Steamed Brown Rice
Steamed Broccoli or Edamame
Assorted Fruit
Veggies/Dip
Tossed Romaine Salad
Milk Choice

Brunch For Lunch! **27**
GF Pancakes with Syrup
Sausage Links
Hash browns or Orange Medley Juice
Assorted Fruit
Veggies/Dip
Tossed Romaine Salad
Milk Choice

GF Spaghetti with Meat Sauce **28**
GF Bread
Green Beans
Assorted Fruit
Veggies/Dip
Tossed Romaine Salad
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.
Middle/High School Lunch Price \$3.00**

