

## Skaneateles Gluten Free Elementary Schools


**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

[Enter Menu Items]

**1**  
**Happy New Year!**
**2**  
Hot Dog on  
Gluten Free Roll

 Baked Beans  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad

**3**  
Ultimate Grilled Cheese  
On GF Bread

 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

**4**  
GF Homemade Spaghetti  
& Meat Sauce

 GF Dinner Roll  
 Tossed Romaine Salad  
 Assorted Fruit  
 Veggies/Dip  
 Milk Choice

**7**  
GF Home Style Mac & Cheese

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

**8**  
Chinese Take Out!  
GF Mandarin Chicken

 Steamed Brown Rice  
 Steamed Green Beans  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

**9**  
Brunch For Lunch!  
GF Waffles with Syrup

 Wild Berry Smoothie  
 Tater Tots  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

**10**  
GF Pizza

 Tossed Romaine Salad  
 Assorted Fruit  
 Veggies/Dip  
 Milk Choice

**11**  
Hamburger Bar on  
GF Bun

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

**14**  
Sloppy Joe on  
Gluten Free Bun

 Steamed Green Beans  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

**15**  
TACO TUESDAY!
Beef Tacos on Gluten Free Tortilla  
with cheese, lettuce & tomato  
 Black Bean & Corn Salad  
 Rice  
 Assorted Fruit  
 Veggies/Dip/ Tossed Romaine Salad  
 Milk Choice

**16**  
Brunch For Lunch!  
GF Pancakes with Syrup

 Wild Berry Smoothie  
 Orange Medley Juice  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

**17**  
GF Mozzarella Sticks  
W/ Marinara Sauce

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

**18**  
Hot Ham & Cheese  
on GF Roll

 Emoji Fries ☺  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

**21**
**MLK Day**
**22**  
Chinese Take Out!
GF Sweet and Sour Chicken  
 Steamed Brown Rice  
 Steamed Edamame  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

**23**  
Brunch For Lunch!!  
Bacon, Egg & Cheese
Breakfast Sandwich on GF Bagel  
 Orange Medley  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad

**24**  
Oven Roasted Turkey w/ GF Gravy

 Mashed Potatoes  
 Peas and Carrots  
 GF Dinner Roll  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

**25**  
Philly Cheesesteak Sub  
w/ Peppers & Onions on GF Roll

 Tossed Romaine Salad  
 Assorted Fruit  
 Veggies/Dip  
 Milk Choice

**28**  
Baked Shrimp  
w/ Dynamite sauce

 Sweet Potato Fries  
 Whole Grain Dinner Roll  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

**29**  
Nacho Grande

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

**30**  
Brunch For Lunch!  
GF French Toast Sticks

 Gluten Free Sausage  
 Hash Brown Patty  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

**31**  
GF Cheese Calzone w/  
Marinara Sauce

 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

Elementary School Lunch Price is \$2.85



**PAY FOR MEALS ONLINE**  
 MySchoolBucks.com

