


Monday
Tuesday
Wednesday
Thursday
Friday

Happy New Year!

GF Home Style Mac & Cheese 7

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

Chinese Take Out! 8

GF General Tso's Chicken
 Steamed Brown Rice
 Steamed Green Beans
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

Brunch For Lunch! 9

GF Waffles with Syrup
 Sausage
 Tater Tots
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

GF Pizza 10

Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

Hamburger Bar on 11

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

Sloppy Joe on 14
Gluten Free Bun

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

TACO TUESDAY! 15

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

Brunch For Lunch! 16

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

GF Mozzarella Sticks 17
W/ Marinara Sauce

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

Hot Ham & Cheese 18
on GF Roll

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

MLK Day

Chinese Take Out! 22

GF Sweet and Sour Chicken
 Steamed Brown Rice
 Steamed Edamame
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

Brunch For Lunch!! 23

Bacon, Egg & Cheese
Breakfast Sandwich on GF Bagel
 Orange Medley
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

Oven Roasted Turkey w/ GF Gravy 24

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

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

Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

Baked Shrimp 28
w/ Dynamite sauce

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

Nacho Grande 29

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

Brunch For Lunch! 30
GF French Toast Sticks

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

GF Cheese Calzone w/ 31
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

Middle/High School Lunch Price \$3.00

