


Monday
Tuesday
Wednesday
Thursday
Friday

Happy New Year!

Whole Grain Pretzel Dog

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

Ultimate Grilled Cheese

Low Sodium Tomato Soup
 Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

Spaghetti with Meat Sauce

Whole Grain Dinner Roll
 Green Beans
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

Home-style Mac & Cheese

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

Chinese Take Out!
General Tso's Chicken

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

Brunch For Lunch!
Mini Waffles with Syrup

Sausage Patty
 Tater Tots
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

Pizza Crunchers w/
Marinara Sauce

Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

Hamburger Bar

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

Sloppy Joe on
Whole Grain Roll

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

TACO TUESDAY!
Beef Tacos on Whole Grain Tortilla
with cheese, lettuce & tomato

Black Bean & Corn Salad
 Brown Rice
 Assorted Fruit
 Veggies & Dip/ Tossed Romaine Salad
 Milk Choice

Brunch For Lunch!
Mini Pancakes with Syrup

Sausage Links
 Orange Medley Juice
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

Whole Grain Mozzarella Sticks
w/ Marinara Sauce

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

Hot Ham & Cheese
on Whole Grain Pretzel Roll

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

MLK Day

Chinese Take Out!
Sweet and Sour Chicken

Steamed Brown Rice
 Steamed Edamame and Broccoli
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

Brunch For Lunch!
Bacon, Egg & Cheese on
Whole Grain Bagel

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

Oven Roasted Turkey w/ Gravy

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

Philly Cheesesteak on
Whole Grain Hoagie Roll
w/ Peppers & Onions

Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

Whole Grain Shrimp Popovers
w/ Dynamite sauce

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

Nacho Grande
w/ Taco Meat, Cheese, Lettuce,
Tomato on Tortilla Chips

Vegetarian Refried Beans
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

Brunch For Lunch!
French Toast Sticks

Sausage
 Hash Brown Rounds
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

Cheese or Pepperoni Calzone
w/ Marinara Sauce

Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 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

