

Monday

Tuesday

Wednesday

Thursday

Friday



Monday	Tuesday	Wednesday	Thursday	Friday
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4	5	6	7	8
11	12	13	14	15
No School 18	Chinese Take Out! <u>General Tso Chicken</u> Steamed Brown Rice Steamed Broccoli or Edamame Assorted Fruit Veggies/Dip Milk Choice 19	<u>Whole Grain Chicken Tenders</u> Oven Fries Tossed Romaine Salad & Dressing, Assorted Fruit Veggies/Dip Milk Choice 20	<u>Burrito/Bowl Bar</u> <u>Beef or Chicken</u> Taco Fiesta Black Beans Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice 21	Chinese Take Out! <u>General Tso Chicken</u> Steamed Brown Rice Steamed Broccoli or Edamame Assorted Fruit Veggies/Dip Milk Choice 22
<u>Cheesy Breadstick w/ Marinara</u> Tossed Romaine Salad & Dressing Assorted Fruit Veggies/Dip Milk Choice 25	<u>Nachos Grande</u> <u>Taco Beef, Cheese & Toppings</u> Black Beans Tossed Romaine Salad & Dressing Assorted Fruit Veggies/Dip Milk Choice 26	<u>Whole Grain Breaded</u> <u>Popcorn Chicken w/ BBQ</u> Sweet Potato Fries Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice 27	NY Thursday <u>Barilla Pasta & Meatballs</u> Garlic Texas Toast Steamed Green Beans Tossed Romaine Salad Assorted Fruit, Veggies/Dip Milk Choice 28	<u>Homemade Pizza Bar</u> Tossed Romaine Salad & Dressing Assorted Fruit Veggies/Dip Milk Choice 29

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.

MS/HS School Lunch Price \$0.00 Milk \$0.75