

Monday	Tuesday	Wednesday	Thursday	Friday
<u>GF Mozzarella Sticks</u> 3 Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	<u>Chinese Take Out!</u> 4 Gf General Tso's Chicken Steamed Brown Rice & Egg Roll Steamed Broccoli & Edamame Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>Brunch For Lunch!</u> 5 <u>GF French Toast Sticks with Syrup</u> Sausage Dragon Punch Juice Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>Oven Roasted Turkey w/ Gravy</u> 6 Mashed Potatoes Glazed Carrots & Peas GF Biscuit Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>GF Pasta and Meatballs</u> 7 <u>w/Spaghetti sauce</u> Seasoned Green Beans GF Garlic Texas Toast Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice
<u>GF Pizza</u> 10 Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	<u>TACO TUESDAY!</u> 11 <u>GF Nachos</u> <u>with cheese, lettuce & tomato</u> Brown Rice Refried beans Assorted Fruit Veggies & Dip/ Tossed Romaine Salad Milk Choice	<u>Brunch For Lunch!</u> 12 <u>GF Mini Waffles with Syrup</u> Sausage Cherry star Juice Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>GF Ultimate Grilled Cheese</u> 13 Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	<u>Oven Roasted Turkey w/ Gravy</u> 14 Mashed Potatoes Glazed Carrots & Peas GF Biscuit Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice
<u>LAST DAY HIGH SCHOOL</u> 17 <u>GF Chicken Tenders</u> Baked Beans GF Dinner Roll Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>Chinese Take Out!</u> 18 <u>GF Sweet and Sour Chicken</u> Steamed Brown Rice Crispy Egg Roll & Steamed Broccoli Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>Hamburger Bar on GF Bun</u> 19 Sweet Potato Fries Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>GF Hot Dog on GFBun</u> 20 Oven Fries Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>Hot Ham & Cheese</u> 21 <u>on GF Roll</u> Green Beans Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice
<u>GF Pizza</u> 24 Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	25 HALF DAY NO LUNCH	26 LAST DAY OF SCHOOL HALF DAY NO LUNCH	27	28



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