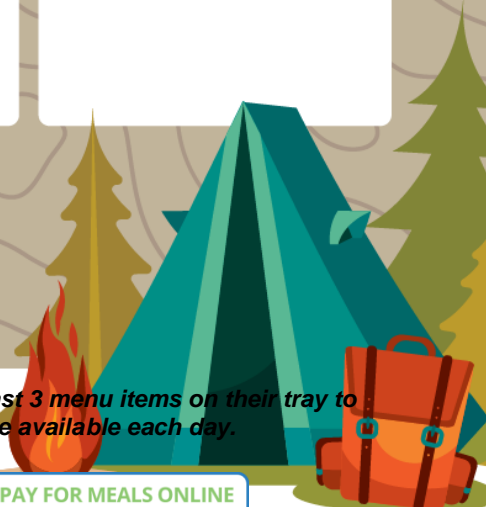


Monday	Tuesday	Wednesday	Thursday	Friday
<u>Cheesy Bosco Sticks w/ Marinara Sauce</u> <b>3</b> Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	<u>Chinese Take Out!</u> <b>4</b> <u>General Tso's Chicken</u> Steamed Brown Rice & Egg Roll Steamed Broccoli & Edamame Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>Brunch For Lunch!</u> <b>5</b> <u>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> <b>6</b> Mashed Potatoes Glazed Carrots & Peas Whole Grain Biscuit Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>Pasta and Meatballs w/Spaghetti sauce</u> <b>7</b> Seasoned Green Beans Whole Grain Garlic Texas Toast Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice
<u>Cheese Calzones</u> <b>10</b> Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	<u>TACO TUESDAY!</u> <b>11</b> <u>Beef Tacos on Whole Grain Tortilla with cheese, lettuce &amp; tomato</u> Brown Rice Refried beans Assorted Fruit Veggies & Dip/ Tossed Romaine Salad Milk Choice	<u>Brunch For Lunch!</u> <b>12</b> <u>Mini Waffles with Syrup</u> Sausage Cherry star Juice Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>Ultimate Grilled Cheese</u> <b>13</b> Low Sodium Tomato Soup Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	<u>Oven Roasted Turkey w/ Gravy</u> <b>14</b> Mashed Potatoes Glazed Carrots & Peas Whole Grain Biscuit Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice
<u>LAST DAY HIGH SCHOOL</u> <b>17</b> <u>Popcorn Chicken</u> Baked Beans Dinner Roll Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>Chinese Take Out!</u> <b>18</b> <u>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</u> <b>19</b> Sweet Potato Fries Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>Pretzel Dog</u> <b>20</b> Oven Fries Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>Hot Ham &amp; Cheese on Whole Grain Pretzel Roll</u> <b>21</b> Green Beans Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice
<u>Stuffed Crust Pizza</u> <b>24</b> Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<b>25</b> HALF DAY NO LUNCH	<b>26</b> LAST DAY OF SCHOOL HALF DAY NO LUNCH	<b>27</b>	<b>28</b>



**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**