

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**
GF Pizza
**4**

 Tossed Romaine Salad  
 Assorted Fruit  
 Veggies/Dip  
 Milk Choice

GF Pizza
**11**

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

GF Chicken Tenders  
BBQ or Hot
**18**

 Crunchy Celery w/ Ranch  
 GF Roll  
 Assorted Fruit  
 Veggies/Dip/ Tossed Romaine Salad  
 Milk Choice

GF Pizza
**25**

 Tossed Romaine Salad  
 Assorted Fruit  
 Veggies/Dip  
 Milk Choice

**TACO TUESDAY!**
**5**
Beef Tacos on GF Tortilla with  
cheese, lettuce & tomato

 Refried beans  
 Assorted Fruit  
 Veggies & Dip/ Tossed Romaine Salad  
 Milk Choice

**Chinese Take Out!**
**12**
GF Sweet and Sour Chicken

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

Nacho Grande
**19**

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

**Chinese Take Out!**
**26**
GF General Tso's Chicken

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

**Brunch For Lunch!**
**6**
GF French Toast with Syrup

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

**Brunch For Lunch!**
**13**
GF Waffles with Syrup

 Sausage Patty  
 Cherry Star Juice  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

**Brunch For Lunch!**
**20**
GF Pancakes with Syrup

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

**Brunch For Lunch!**
**27**
Bacon, Egg & Cheese on  
GF Bread

 Hash brown rounds  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

Ultimate Grilled Cheese  
on GF Bread
**7**

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

Oven Baked Chicken
**14**

 GF Biscuit  
 Mashed potatoes w/ Gravy  
 Steamed Carrots  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

Oven Roasted Turkey
**21**

 Mashed Potatoes w/ Gravy  
 Seasoned corn  
 GF Dinner Roll  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

GF Home-style Mac  
& Cheese
**28**

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

GF Chicken Tenders
**1**

 Baked Beans  
 GF Roll  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

Baked Shrimp
**8**

 GF Roll  
 Oven Fries  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

GF Chicken Tender
**15**

 Baked Beans  
 GF Roll  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

Philly Cheesesteak on  
GF Hoagie Roll
**22**

 w/ Peppers & Onions  
 Sweet Potato Fries  
 Tossed Romaine Salad  
 Assorted Fruit  
 Veggies/Dip  
 Milk Choice

Meatball Sub Sandwich  
On GF Roll
**29**

 California Blend Veggies  
 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