

Monday
Tuesday
Wednesday
Thursday
Friday
GF Pizza
4

 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

Brunch For Lunch!
6
GF French Toast w/ Syrup

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

Ultimate Grilled Cheese
On GF Bread
7

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

GF Chicken Tenders
1

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

GF Chicken Tenders
8

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

GF Pizza
11

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

Chinese Take Out!
12
GF Sweet and Sour Chicken

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

Brunch For Lunch!
13
GF Waffles with Syrup

 Danimals Yogurt
 Cherry Star Juice
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

Oven Baked Chicken
14

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

GF Chicken Tenders
15

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

GF Chicken Tenders
BBQ or Hot
18

 Crunchy Celery w/ Ranch
 GF Roll
 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

Brunch For Lunch!
20
GF Pancakes with Syrup

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

Oven Roasted Turkey
21

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

GF Chicken Tenders
22
GF Dinner Roll
 Sweet Potato Fries
 Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

GF Pizza
25

 Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

Chinese Take Out!
26
GF Mandarin Orange Chicken

 Steamed Brown Rice
 Steamed Broccoli or Edamame
 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

GF Home-style Mac & Cheese
28

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

Meatball Sub Sandwich
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.
 Elementary School Lunch Price is \$2.85