



MARCH 2020

Skaneateles Gluten Free Elementary Schools

Available Daily: GF PBJ Yogurt Meal Pizza
Sandwich Special: M – Ham & Cheese
– Chicken Caesar W – Bologna & Cheese
Th – Roasted Turkey F- Chicken Salad

Monday	Tuesday	Wednesday	Thursday	Friday
Dr. Seuss's Birthday 2 <u>Gf Chicken tenders</u> Emoji Fries One Fish Two Fish Jello Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	Chinese Take Out! 3 <u>GF Mandarin Orange Chicken</u> Steamed Brown Rice Steamed Broccoli & Edamame Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	Brunch For Lunch! 4 <u>GF Pancakes w/ Syrup</u> Danimals Yogurt Cherry Star Juice Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	Oven Roasted All-Natural Turkey 5 <u>w/ Gravy</u> Mashed potatoes Glazed carrot coins GF Roll Assorted Fruit/Veggies/Dip Tossed Romaine Salad Milk Choice	GF Pizza 6 Crunchy Pepper strips Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice
Meatball Day! 9 <u>Meatball Sub on GF Roll</u> Steamed Broccoli Tossed Romaine Salad Assorted Fruit Veggies/Dip	Taco Tuesday! 10 <u>Beef Soft Taco with Lettuce, Tomato & Cheese on GF wrap</u> Black Bean & Corn Salad Assorted Fruit Veggies/Dip Tossed Romaine Salad	Brunch For Lunch! 11 <u>GF French Toast</u> Chicken Sausage Cherry Star Juice Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	GF Grilled Cheese 12 Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	GF Chicken Tenders 13 Oven fries Tossed Romaine Salad Assorted Fruit Veggies/Dip
GF Chicken Tenders on GF Bun 16 Sweet potato fries Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	Chinese Take Out! 17 <u>GF Mandarin Orange Chicken</u> Steamed Brown Rice Steamed Broccoli & Edamame Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	Brunch For Lunch! 18 <u>GF Pancakes with Syrup</u> Danimals Yogurt Cherry Star Juice Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	Uncured All Beef Hotdog GF Bun 19 Baked Beans Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	No School Staff Day 20
GF Pizza 23 Seasoned Broccoli Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	Nacho Grande 24 <u>w/ Taco Meat, Cheese, Lettuce, Tomato on Tortilla Chips</u> Cheesy Bean Dip Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	International Waffle Day! 25 <u>GF Waffles with Syrup</u> <u>GF Chicken Tenders</u> Sunset sip Juice Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	NY Thursday 26 <u>GF Pasta & Meatballs</u> Steamed Green Beans Fresh NYS Apple Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	GF pizza 27 Crunchy Carrot & Celery Cups Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice
Cheeseburger on GF Bun 30 Baked Beans Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	GF Pizza 31 Black Bean & Corn Salad Assorted Fruit Veggies/Dip Tossed Romaine Salad			

The 5 Food Components that make up a meal are: Meat/Meat Alternate, Grain, Fruit, Veggie & Milk. Students must have 5 components in their tray to count as a lunch. One item must be a fruit or veggie. A variety of fresh/canned fruits & veggies and...  [PAY FOR MEALS ONLINE](https://www.myschoolbucks.com) at [MySchoolBucks.com](https://www.myschoolbucks.com) in their tray to pay.

Skaneateles Central School is an equal opportunity employer.

Elementary School Lunch Price \$2.85

