

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

Skaneateles Central School is an equal opportunity employer.

HS/MS School Lunch Price \$3.25

