

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Chicken tenders</u> 2 Emoji Fries Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>Chinese Take Out!</u> 3 <u>General Tso's Chicken</u> Steamed Brown Rice Steamed Broccoli & Edamame Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>Brunch For Lunch!</u> 4 <u>Bacon, Egg & Cheese on a Bagel</u> Hash brown rounds Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>Oven Roasted All-Natural Turkey</u> 5 <u>w/ Gravy</u> Mashed potatoes Glazed carrot coins Whole Grain Dinner Roll Assorted Fruit/Veggies/Dip Tossed Romaine Salad Milk Choice	<u>Pizza Crunchers</u> 6 <u>w/ Marinara</u> Crunchy Pepper strips Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice
<u>Meatball Day!</u> 9 <u>Meatball Sub on WG Roll</u> Steamed broccoli Tossed Romaine Salad Assorted Fruit Veggies/Dip	<u>Taco Tuesday!</u> 10 <u>Burrito Bar</u> Black Bean & Corn Salad Assorted Fruit Veggies/Dip Tossed Romaine Salad	<u>Brunch For Lunch!</u> 11 <u>French Toast Sticks with Syrup</u> Chicken Sausage Cherry Star Juice Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>Ultimate Grilled Cheese</u> 12 Low Sodium Campbell's Tomato Soup Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	<u>Whole Grain Popcorn Chicken</u> 13 Whole grain biscuit Oven fries Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk choice
<u>Philly Cheesesteak Sub w/</u> 16 Peppers & onions Oven fries Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>Chinese Take Out!</u> 17 <u>General Tso's Chicken</u> Steamed Brown Rice Steamed Broccoli Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>Brunch For Lunch!</u> 18 <u>Breakfast Pizza</u> Sunset sip Juice Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>Uncured All Beef Hotdog on Bun</u> 19 Baked Beans Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	No School Staff Day
<u>Cheesy Bosco Sticks w/</u> 23 <u>Marinara Sauce</u> Steamed 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 <u>Mini Waffles with Syrup</u> <u>Popcorn Chicken</u> Sunset sip Juice Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>NY Thursday</u> 26 <u>Barilla Pasta & Meatballs</u> Steamed Green Beans Texas Garlic Toast Fresh NYS Apples Tossed Romaine Salad Assorted Fruit Veggies/Dip	<u>Mozzarella Sticks & Chicken wings</u> 27 <u>w/ Marinara Sauce</u> Crunchy Carrots & Celery Cups Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice
<u>Homemade Beef & Bean Chili</u> 30 <u>w/ Jalapeño cheddar breadstick</u> Baked Beans Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<u>Taco Tuesday!</u> 31 <u>Taco Personal Pan Pizza</u> Black Bean & Corn Salad Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice			

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

Skaneateles Central School is an equal opportunity employer.

Middle/High School Lunch Price \$3.25

