

Monday

Tuesday

Wednesday

Thursday

Friday

GF Chicken Tenders 6

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

Chinese Take Out! 7
GF Sweet and Sour Chicken
 Steamed Brown Rice
 GF Egg Roll & Steamed Edamame
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

Brunch For Lunch! 8
GF French Toast with Syrup
 Sausage
 Cherry Star Juice
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

GF Chicken Tenders 2

Sweet Potato Fries
 GF Bun
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

GF Pizza 3

Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

Meatball Sub Sandwich 13
On GF Bun
 Seasoned Broccoli
 Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

Nacho Grande 14
 w/ Taco Meat, Cheese, Lettuce,
 Tomato on Tortilla Chips
 Vegetarian Refried Beans
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

Brunch For Lunch! 15
GF Waffles with Syrup
 Sausage
 Dragon Punch Juice
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

GF Pasta with Meat Sauce 16

Seasoned Green Beans
 GF Garlic Texas Toast
 Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

GF Chicken Tenders 17
BBQ or Hot
 Crunchy Celery w/ Ranch
 GF Dinner Roll
 Assorted Fruit
 Veggies/Dip/ Tossed Romaine Salad
 Milk Choice

Philly Cheesesteak on 20
GF Roll
w/ Peppers & Onions
 Oven Fries
 Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

Chinese Take Out! 21
GF General Tso's Chicken
 Steamed Brown Rice
 Steamed Broccoli
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

Brunch For Lunch! 22
GF Pancakes with Syrup
 Sausage
 Dragon Punch Juice
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

Hot Dog on GF Bun 23

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

NO SCHOOL 24

Memorial Day 27
NO SCHOOL

Burrito Bar 28
On GF Wrap
 Refried Beans
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

Brunch For Lunch! 29
Egg & Cheese on
GF Bagel
 Hash brown rounds
 Assorted Fruit
 Veggies/Dip
 Tossed Romaine Salad
 Milk Choice

GF Pizza 30

Tossed Romaine Salad
 Assorted Fruit
 Veggies/Dip
 Milk Choice

Hamburger Bar 31
On GF Roll
 Salt Potatoes
 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 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