

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**
Popcorn Chicken
**6**

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

Chinese Take Out!  
Sweet and Sour Chicken
**7**

Steamed Brown Rice  
 Crispy Egg Roll & Steamed Edamame  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

Brunch For Lunch!
**1**

Egg & Cheese on Whole Grain Bagel  
 Hash brown rounds  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

Popcorn Chicken
**2**

Baked Beans  
 Sweet Potato Fries  
 Dinner Roll  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

Cheesy Bosco Sticks w/ Marinara Sauce
**3**

Tossed Romaine Salad  
 Assorted Fruit  
 Veggies/Dip  
 Milk Choice

Meatball Sub Sandwich
**13**

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!  
French Toast Sticks with Syrup
**8**

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

Ultimate Grilled Cheese
**9**

Low Sodium Tomato Soup  
 Seasoned Broccoli  
 Tossed Romaine Salad  
 Assorted Fruit  
 Veggies/Dip  
 Milk Choice

Burrito Bar
**10**

Black Bean & Corn Salad  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

Brunch For Lunch!  
Mini Waffles with Syrup
**15**

Sausage  
 Dragon Punch Juice  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

Pasta with Meat Sauce
**16**

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

Boneless Chicken Wings  
BBQ or Hot
**17**

Crunchy Celery w/ Ranch  
 Whole Grain Dinner Roll  
 Assorted Fruit  
 Veggies/Dip/ Tossed Romaine Salad  
 Milk Choice

Philly Cheesesteak on Whole Grain Hoagie Roll w/ Peppers & Onions
**20**

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

Chinese Take Out!  
General Tso's Chicken
**21**

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

Brunch For Lunch!  
Mini Pancakes with Syrup
**22**

Sausage  
 Dragon Punch Juice  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

Hot Dog Bar
**23**

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

**NO SCHOOL**
**Memorial Day**
**27**
**NO SCHOOL**
Burrito Bar
**28**

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

Brunch For Lunch!
**29**

Egg & Cheese on Whole Grain Bagel  
 Hash brown rounds  
 Assorted Fruit  
 Veggies/Dip  
 Tossed Romaine Salad  
 Milk Choice

Pizza Crunchers & Mozzarella Sticks w/ Marinara Sauce
**30**

Tossed Romaine Salad  
 Assorted Fruit  
 Veggies/Dip  
 Milk Choice

Hamburger Bar
**31**

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.

Middle/High School Lunch Price \$3.00