

SEPTEMBER 2019

Gluten Free Elementary Schools

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

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	No School 3	Welcome Back! 4 <u>GF Waffles with Syrup</u> Danimals Yogurt Sunset Sip Juice Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	GF Chicken Tenders 5 Baked Beans Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	GF Hot Ham & Cheese on GF Roll 6 Steamed Broccoli Sweet Potato Waffle Fries Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice
GF Mozzarella Sticks w/ Marinara Sauce 9 Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	Nacho Grande 10 w/ Taco Meat, Cheese, Lettuce Tomato on Tortilla Chips Cheesy Bean Dip Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	Brunch For Lunch! 11 <u>GF French Toast with Syrup</u> Sausage Sunset Sip Juice Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	GF Homestyle Mac & Cheese 12 Seasoned Green Beans Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	Cheeseburger on GF Bun 13 Oven Fries Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice
GF Chicken Tenders 16 Mashed Potatoes Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	Chinese Take Out! 17 <u>Gf Sweet & Sour Chicken</u> Steamed Brown Rice Steamed Broccoli or 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	GF Pasta and Meatballs w/Spaghetti sauce 19 GF Dinner Roll Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	Gf Hot Dog on GF Bun 20 Sweet Potato Fries Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice
GF Chicken Tenders w/ Baked Beans 23 Seasoned Green Beans Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	Taco Tuesday! 24 <u>GF Beef Soft Taco with Lettuce, Tomato & Cheese</u> Black Bean & Corn Salad Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	Brunch For Lunch! 25 <u>Egg & Cheese on GF Bagel</u> Hash brown rounds Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	Gf Ultimate Grilled Cheese 26 Seasoned Broccoli Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	GF Mozzarella Sticks w/ Marinara Sauce 27 Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice
GF Meatball Sub Sandwich 30 Seasoned Broccoli Tossed Romaine Salad Assorted Fruit Veggies/Dip 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 Lunch Price \$2.85 Milk \$0.75 Ice Cream \$1.00