

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Labor Day</b> <b>2</b>	<b>No School</b> <b>3</b>	<b>Welcome Back!</b> <b>4</b> <u>GF Waffles with GF Syrup</u> Sausage Sunset Sip Juice Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<b>GF Chicken Tenders</b> <b>5</b> GF Dinner Roll Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<b>Hot Ham &amp; Cheese on GF Roll</b> <b>6</b> Steamed Broccoli Sweet Potato Waffle Fries Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice
<b>GF Mozzarella Sticks w/ Marinara Sauce</b> <b>9</b> Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	<b>Nacho Grande</b> <b>10</b> w/ Taco Meat, Cheese, Lettuce Tomato on Tortilla Chips Cheesy Bean Dip Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<b>Brunch For Lunch!</b> <b>11</b> <u>GF French Toast with GF Syrup</u> Sausage Sunset Sip Juice Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<b>Gf Homestyle Mac &amp; Cheese</b> <b>12</b> <u>GF Dinner Roll</u> Seasoned Green Beans Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	<b>GF Hamburger Bar</b> <b>13</b> Oven Fries Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice
<b>Philly Cheesesteak on GF Roll w/ Peppers &amp; Onions</b> <b>16</b> Mashed Potatoes Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	<b>Chinese Take Out!</b> <b>17</b> <u>GF General Tso's Chicken</u> Steamed Brown Rice Steamed Broccoli or Edamame Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<b>Brunch For Lunch!</b> <b>18</b> <u>GF Pancakes with Syrup</u> Sausage Cherry Star Juice Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<b>GF Pasta and Meatballs w/ Spaghetti sauce</b> <b>19</b> GF Roll Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	<b>GF Hot Dog Bar</b> <b>20</b> Sweet Potato Fries Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice
<b>GF Chicken Tenders w/ Baked Beans</b> <b>23</b> Seasoned Green Beans GF Roll Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<b>GF Burrito Bar</b> <b>24</b> Black Bean & Corn Salad Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<b>Brunch For Lunch!</b> <b>25</b> <u>Egg &amp; Cheese on GF Bagel</u> Hash brown rounds Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	<b>GF Ultimate Grilled Cheese</b> <b>26</b> Seasoned Broccoli Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	<b>GF Mozzarella Sticks w/ Marinara Sauce</b> <b>27</b> Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice
<b>GF Meatball Sub Sandwich</b> <b>30</b> 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.  
 Middle/High School Lunch Price \$3.25 Milk \$0.75 Ice Cream \$1.00