

SEPTEMBER 2019

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>Mini Maple Waffles with Syrup</u> Danimals Yogurt Sunset Sip Juice Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	Popcorn Chicken 5 Baked Beans Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	Hot Ham & Cheese 6 <u>on Whole Grain Pretzel Roll</u> Steamed Broccoli Sweet Potato Waffle Fries Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice
Cheesy Bosco Sticks w/ 9 <u>Marinara Sauce</u> 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>French Toast Sticks with Syrup</u> Sausage Sunset Sip Juice Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	Homestyle Mac & Cheese 12 Seasoned Green Beans Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	Cheeseburger on Whole 13 <u>Grain Bun</u> Oven Fries Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice
Chicken Nuggets 16 Mashed Potatoes Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	Chinese Take Out! 17 <u>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>Mini Pancakes with Syrup</u> Danimals Yogurt Cherry Star Juice Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	Pasta and Meatballs 19 <u>w/Spaghetti sauce</u> Whole Grain Garlic Texas Toast Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	Hot Dog on Whole 20 <u>Grain Bun</u> Sweet Potato Fries Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice
Chicken Tenders w/ 23 Baked Beans Seasoned Green Beans Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	Taco Tuesday! 24 <u>Beef Soft Taco with Lettuce,</u> <u>Tomato & Cheese</u> Black Bean & Corn Salad Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	Brunch For Lunch! 25 <u>Egg & Cheese on</u> <u>Whole Grain Bagel</u> Hash brown rounds Assorted Fruit Veggies/Dip Tossed Romaine Salad Milk Choice	Ultimate Grilled Cheese 26 Low Sodium Tomato Soup Seasoned Broccoli Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice	Pizza Crunchers & 27 <u>Mozzarella Sticks w/</u> <u>Marinara Sauce</u> Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice
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