

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