

**Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**

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**Labor Day**  
**No School** 7

Whole Grain Chicken Tenders 8  
Whole Grain Dinner Roll  
Oven fries  
Assorted Fruit  
Veggies/Dip  
Tossed Romaine Salad  
Milk Choice

**Brunch For Lunch!** 9  
Egg & Cheese Breakfast Sandwich on Whole Grain Bagel

Burger Bar 10  
Baked Beans  
Assorted Fruit  
Veggies/Dip  
Tossed Romaine Salad  
Milk Choice

**No School** 11

Cheesy Bread Sticks w/ Side of Marinara Sauce 14  
Assorted Fruit  
Crunchy Broccoli Florets & Dip  
Tossed Romaine Salad  
Milk Choice

**Chinese Take Out!** 15  
General Tso Chicken  
Steamed Brown Rice  
Steamed Edamame  
Steamed Broccoli  
Assorted Fruit  
Milk Choice

**Brunch for Lunch!** 16  
Mini Waffles with Syrup  
Breakfast Sausage  
Cherry Star Juice  
Assorted Fruit  
Veggies/Dip  
Tossed Romaine Salad  
Milk Choice

**NY Thursday** 17  
Barilla Pasta & Meatballs  
Garlic Texas Toast  
Steamed Green Beans  
Assorted Fruit  
Veggies/Dip  
Tossed Romaine Salad  
Milk Choice

Homemade Cheese Pizza 18  
Tossed Romaine Salad & Dressing  
Assorted Fruit  
Veggies/Dip  
Milk Choice

Whole Grain Breaded Popcorn Chicken w/ BBQ 21  
Whole Grain Dinner Roll  
Carrots & Celery Sticks w/ Hummus  
Sweet Corn  
Assorted Fruit  
Milk Choice

Personal Pan Pizza 22  
Tossed Romaine Salad w/ Dressing  
Assorted Fruit  
Veggies/Dip  
Tossed Romaine Salad  
Milk Choice

**Brunch For Lunch!** 23  
French Toast Sticks with Syrup  
Chicken Sausage  
Dragon Punch Juice  
Assorted Fruit  
Veggies/Dip, Tossed Romaine Salad  
Milk Choice

**Chinese Take Out!** 24  
Sweet & Sour Chicken  
Steamed Brown Rice  
Steamed Edamame  
Veggies/Dip  
Assorted Fruit  
Milk Choice

Homestyle Mac & Cheese 25  
Whole Grain Dinner Roll  
Green Pepper Strips w/ Hummus  
Assorted Fruit  
Tossed Romaine Salad  
Milk Choice

Whole Grain Chicken Tenders 28  
Whole Grain Dinner Roll  
Sweet Potato Fries  
Veggies/Dip  
Tossed Romaine Salad  
Assorted Fruit  
Milk Choice

**Burrito or Burrito Bowl Bar!** 29  
Beef or chicken  
Rice, Asst. toppings  
Taco Fiesta Black Beans  
Assorted Fruit  
Veggies/Dip  
Tossed Romaine Salad  
Milk Choice

**Brunch For Lunch!** 30  
Sausage, Egg & Cheese on Croissant  
Cherry Star Juice  
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.

Elementary School Lunch Price \$3.25 Milk \$0.75