



LUNCH

School Lunch Price \$3.25
Milk Only \$0.75

OCTOBER 2022

Skaneateles Middle/High School Menu

Available Daily:

PBJ sandwiches, Yogurt Parfait, Pizza, Chicken Patty, Julienne Salad, Deli Bar

Monday

Whole Grain Chicken Tenders **3**
Oven Fries
Cookie
Tossed Romaine Salad
Veggie/ dip
Assorted Fruit
Milk Choice

No School



10

Hamburger Bar

17

Sweet Potato Waffle Fries
Assorted Fruit
Veggies/Dip
Tossed Romaine Salad
Milk Choice

Boneless Chicken Wings

24

BBQ or HOT
Cookie
Sweet potato Fries
Assorted Fruit
Veggies/Dip
Tossed Romaine Salad
Milk Choice

Whole Grain Popcorn Chicken

31

Oven Fries
Dinner Roll
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Tuesday

Taco Tuesday! **4**
Burrito Bar
Fiesta Black Beans
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Chinese Take Out!

General Tso Chicken **11**
Steamed Brown Rice
Steamed Edamame
Dinner Roll
Tossed Romaine Salad
Assorted Fruit, Veggies/Dip
Milk Choice

Taco Tuesday!

18

Chicken Fajita on Tortilla Shell
W/ Onions and Peppers
Brown Rice
Assorted Fruit, Veggies/Dip
Tossed Romaine salad
Milk Choice

Chinese Take Out!

General Tso Chicken **25**
Steamed Brown Rice
Steamed Edamame
Dinner Roll
Tossed Romaine Salad
Assorted Fruit, Veggies/Dip
Milk Choice

Wednesday

Meatball Sub Sandwich **5**
Steamed Broccoli
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Brunch For Lunch!

French Toast Sticks **12**
Syrup
Chicken Sausage
Hash browns
Tossed Romaine Salad
Assorted Fruit, Veggies/dip
Milk Choice

Hot Dog on Bun

19

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

Brunch For Lunch!

French Toast Sticks **26**
Syrup
Chicken Sausage
Tator Tots
Tossed Romaine Salad
Assorted Fruit, Veggies/dip
Milk Choice

Thursday

Ultimate Grilled Cheese **6**
Low Sodium Tomato Soup
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Twisted Mozzarella Cheese Stick

13

W/ Marinara Sauce
Steamed Broccoli
Tossed Romaine Salad
Assorted Fruit
Veggie/Dip
Milk Choice

Pasta Meatballs

20

Seasoned Green Beans
Garlic Knot
Tossed Romaine Salad
Veggies/Dip
Assorted Fruit
Milk Choice

Mac & Cheese

27

Whole Grain Goldfish Crackers
Steamed Broccoli
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Friday

Pizza Crunchers w/ Marinara **7**
Tossed Romaine Salad
Steamed Broccoli
Assorted Fruit
Veggies/Dip
Milk Choice

Pizza Bar

14

Steamed Carrots
Tossed Romaine Salad
Veggies/Dip
Assorted Fruit
Milk Choice

Mozzarella Sticks

21

w/ Marinara Sauce
Steamed Broccoli
Tossed Romaine Salad
Assorted Fruit
Veggie/Dip
Milk Choice

Pizza Bar

28

Tossed Romaine Salad
Seasoned Carrots
Veggies/Dip
Assorted Fruit
Milk Choice



The 5 Food Components that make up a meal are: Meat/Meat Alternate, Grain, Fruit and 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.

