

School Lunch Price \$3.25
Milk Only \$0.75

Skaneateles Middle/High School Menu

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

Monday

Tuesday

Wednesday

Thursday

Friday



Nacho Grande 1
Taco Meat, Cheese, Lettuce, Tomato on Tortilla Chips
Black Beans
Romaine Tossed Salad
Assorted Fruit, Veggies/Dip
Milk Choice

Brunch For Lunch! Mini Waffles w/ Syrup 2
Sausage links
Tator Tots
Romaine Tossed Salad
Assorted Fruit, Veggie Cup
Milk Choice

Pasta w/ Meat Sauce 3
Seasoned Green beans
Whole grain garlic toast
Romaine Tossed Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Mozzarella Sticks w/ Marinara Sauce 4
Seasoned Carrots
Romaine Tossed Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Whole Grain Chicken Tenders 7
Sweet Potato Fries
WG Cookie
Romaine Tossed Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Chinese Take Out! General Tso' Chicken 8
Steamed Brown Rice
Steamed Broccoli
Whole Grain Dinner Roll
Romaine Tossed Salad
Assorted Fruit, Veggie/dip
Milk Choice

Chili with Breadstick 9
Steamed Corn
Tossed Romaine Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Pizza Crunchers w/ Marinara Sauce 10
Four Bean Salad
Romaine Tossed Salad
Assorted Fruit
Veggies/Dip
Milk Choice



Popcorn Chicken 14
Whole grain goldfish crackers
Sweet Potato Fries
Romaine Tossed Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Burrito Bar Beef 15
Taco Fiesta Black Beans
Romaine Tossed Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Chicken and Biscuit Gravy 16
Creamy Mashed Potatoes
Romaine Tossed Salad
Steamed Carrot
Assorted Fruit, Veggie Cups
Milk choice

Italian Turkey Sausage on Roll 17
Seasoned Broccoli
Pepper and Onions
Romaine Tossed Salad
Assorted Fruit
Veggie Cup
Milk Choice

Homemade Pizza Bar 18
Romaine Tossed Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Whole Grain Chicken Tenders 21
Sweet Potato Fries
WG Cookie
Romaine Tossed Salad
Assorted Fruit
Veggies/Dip
Milk Choice

Chinese Take Out! General Tso' Chicken 22
Steamed Brown Rice
Steamed Edamame
Romaine Tossed Salad
Whole Grain Dinner Roll
Assorted Fruit, Veggie/dip
Milk Choice

NO SCHOOL 23
THANKSGIVING RECESS



NO SCHOOL 25
THANKSGIVING RECESS

Hamburger Bar 28
Sweet Potato Fries
Tossed Romaine Salad
Baked beans
Assorted Fruit
Veggies/Dip
Milk Choice

Cheesy Bites w/ Marinara Sauce 29
Romaine Tossed Salad
Steamed Green Beans
Assorted Fruit
Veggies/Dip
Milk Choice

Brunch For Lunch! French toast Sticks 30
Syrup
Hash browns
Chicken Sausage
Romaine Tossed 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.