

Monday

Tuesday

Wednesday

Thursday

Friday



<p>5</p>	<p>6</p> <p>Labor Day No School</p>	<p>7</p> <p>Gluten Free Chicken Tenders Oven Fries Tossed Romaine Salad Assorted Fruit Veggies/Dip Whole Grain Cookies Milk Choice</p>	<p>8</p> <p>Hot Dog Bar on Gluten Free Bun Baked Beans Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p>9</p> <p>Gluten Free Pizza Tossed Romaine Salad Veggies/Dip Assorted Fruit Milk Choice</p>
<p>12</p> <p>Gluten Free Chicken Tenders Oven Fries Gluten Free Cookie Tossed Romaine Salad Assorted Fruit/ Veggies/Dip Milk Choice</p>	<p>13</p> <p>Chinese Take Out! General Tso Chicken Steamed Brown Rice Steamed Edamame Gluten Free Dinner Roll Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p>14</p> <p>Gluten Free Mozzarella Sticks w/ Marinara Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p>15</p> <p>Gluten Free Chicken Tenders Sweet Potato Fries Gluten Free Cookie Tossed Romaine Salad Assorted Fruit/ Veggies/Dip Milk Choice</p>	<p>16</p> <p>Gluten Free Mozzarella Sticks w/ Marinara Steamed Green Beans Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>
<p>19</p> <p>Gluten Free Chicken Tenders Sweet Potato Fries Gluten Free Dinner Roll Tossed Romaine Salad Assorted Fruit/ Veggies/Dip Milk Choice</p>	<p>20</p> <p>Taco Tuesday! Beef Soft Taco with Lettuce, Tomato & Cheese Black Beans Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p>21</p> <p>Brunch For Lunch! Gluten Free French Toast Sticks with Syrup Chicken Sausage Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p>22</p> <p>Gluten Free Pasta w/ Meat sauce Seasoned Green beans Gluten Free bread Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p>23</p> <p>Gluten Free Pizza Sweet Corn Tossed Romaine Salad Veggies/Dip Assorted Fruit Milk Choice</p>
<p>26</p> <p>Gluten Free Chicken Tenders Baked Beans Oven Fries Gluten Free Cookie Tossed Romaine Salad Assorted Fruit/ Veggies/Dip Milk Choice</p>	<p>27</p> <p>Chinese Take Out! General Tso Chicken Steamed Brown Rice Steamed Broccoli Gluten Free Dinner Roll Tossed Romaine Salad Assorted Fruit, Veggies/Dip Milk Choice</p>	<p>28</p> <p>Burger Bar on Gluten Free Bun Sweet Potato Fries Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>	<p>29</p> <p>Gluten Free Mac & Cheese Gluten Free Cookie Steamed Green Beans Tossed Romaine Salad Assorted Fruit Veggies/dip Milk Choice</p>	<p>30</p> <p>Gluten Free Mozzarella Sticks w/ Marinara Tossed Romaine Salad Assorted Fruit Veggies/Dip Milk Choice</p>

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 Only \$0.75