



LUNCH

School Lunch Price \$3.25
Milk Only \$0.75

OCTOBER 2022

Skaneateles Elementary Gluten Free Menu

Available Daily:
PBJ on Gluten Free Bread or
Yogurt Meal

Monday

3
Gluten Free Chicken Tenders
Oven Fries
Veggie/ dip
Assorted Fruit
Milk Choice

10
No School



17
Chicken Patty on Gluten Free Bun
Sweet Potato Fries
Assorted Fruit
Veggies/Dip
Milk Choice

24
Gluten Free Chicken Tenders
Baked Beans
Assorted Fruit
Veggies/Dip
Milk Choice

31
Gluten Free Chicken Tenders
Oven Fries
Assorted Fruit
Veggies/Dip
Milk Choice

Tuesday

4
Taco Tuesday!
Beef Soft Taco
W/ Lettuce, Tomato & Cheese
Fiesta Black Beans
Assorted Fruit
Veggies/Dip
Milk Choice

11
Chinese Take Out!
Orange Chicken
Steamed Brown Rice
Steamed Edamame
Gluten Free Dinner Roll
Assorted Fruit, Veggies/Dip
Milk Choice

18
Hot Dog on Gluten Free Bun
Baked Beans
Assorted Fruit
Veggies/Dip
Milk Choice

25
Cheeseburger on Gluten Free Bun
Sweet Potato Fries
Assorted Fruit
Veggies/Dip
Milk Choice

Wednesday

5
Brunch For Lunch!
Gluten Free French Toast Sticks
Syrup
Chicken Sausage
Tator Tots
Veggies/Dip, Assorted Fruit
Milk Choice

12
Brunch For Lunch!
Gluten Free French Toast Sticks
Syrup
Danimals Yogurt
Hash browns
Assorted Fruit, Veggies/dip
Milk Choice

19
Brunch For Lunch!
Gluten Free French Toast Sticks
Syrup
Chicken Sausage
Tator tots
Veggies/Dip, Assorted Fruit
Milk Choice

26
Brunch For Lunch!
Gluten Free Breakfast Pizza
Cherry Star
Assorted Fruit
Veggies/Dip
Milk Choice

Thursday

6
Ultimate Grilled Cheese on Gluten Free Bread
Low Sodium Gluten Free Tomato Soup
Tossed Romaine Salad
Assorted Fruit, Veggies/Dip
Milk Choice

13
Gluten Free Mozzarella Sticks
W/ Marinara Sauce
Steamed Broccoli
Assorted Fruit
Veggie/Dip
Milk Choice

20
Gluten Free Pasta with meat sauce
Seasoned Green Beans
Veggies/Dip
Assorted Fruit
Milk Choice

27
Ham and Cheese on Gluten Free Bun
Steamed Broccoli
Assorted Fruit
Veggies/Dip
Milk Choice

Friday

7
Gluten Free Mozzarella Sticks
Steamed Broccoli
Assorted Fruit
Veggies/Dip
Milk Choice

14
Gluten Free Cheese Pizza
Steamed Carrots
Veggies/Dip
Assorted Fruit
Milk Choice

21
Gluten Free Mozzarella Sticks
w/ Marinara Sauce
Tossed Romaine Salad
Assorted Fruit
Carrot Veggie/Dip
Milk Choice

28
Gluten Free Cheese Pizza
Sweet Corn
Tossed Romaine Salad
Veggies/Dip
Assorted Fruit
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.

