

Monday
Tuesday
Wednesday
Thursday
Friday


5	6 <u>Labor Day</u> No School	7 <u>Gluten Free Chicken Tenders</u> Oven Fries Assorted Fruit Veggies/Dip Gluten Free Cookies Milk Choice	8 <u>Brunch For Lunch!</u> Gluten Free Mini Waffles w/ Syrup Chicken Sausage Sunset Juice Assorted Fruit Veggies/Dip Milk Choice	9 <u>Gluten Free Cheese Pizza</u> Tossed Romaine Salad Veggies/Dip Assorted Fruit Milk Choice
12 <u>Gluten Free Chicken Tenders</u> Oven Fries Assorted Fruit Veggies/Dip Milk Choice	13 <u>Chinese Take Out!</u> Orange Chicken Steamed Brown Rice Steamed Edamame Gluten Free Dinner Roll Assorted Fruit/ Veggies/Dip Milk Choice	14 <u>Brunch For Lunch!</u> Gluten Free Mini Pancakes w/ Syrup Danimals Yogurt Sunset Sip Juice Assorted Fruit/ Veggies/Dip Milk Choice	15 <u>Hot Dog On Gluten Free Bun</u> Seasoned Carrots Assorted Fruit Veggies/Dip Milk Choice	16 <u>Gluten Free Mozzarella Sticks w/ Marinara</u> Steamed Broccoli Assorted Fruit Veggies/Dip Milk Choice
19 <u>Gluten Free Chicken Tenders</u> Sweet Corn Assorted Fruit Veggies/Dip Milk Choice	20 <u>Taco Tuesday!</u> Beef Soft Taco with Lettuce, Tomato & Cheese Black Beans Assorted Fruit Veggies/Dip Milk Choice	21 <u>Brunch For Lunch!</u> Gluten Free French toast Sticks with Syrup Mozzarella Cheese Stick Dragon Punch Assorted Fruit/ Veggies/Dip Milk Choice	22 <u>Gluten Free Pasta w/ Meat sauce</u> Steamed Broccoli Whole grain garlic bread Assorted Fruit Veggies/Dip Milk Choice	23 <u>Gluten Free Cheese Pizza</u> Steamed Carrots Veggies/Dip Assorted Fruit Milk Choice
26 <u>Gluten Free Chicken Tenders</u> Baked Beans Assorted Fruit Veggies/Dip Milk Choice	27 <u>Hamburger on Gluten Free Bun</u> Sweet Potato Fries Assorted Fruit Veggies/Dip Milk Choice	28 <u>Brunch For Lunch!</u> Gluten Free Mini Waffles w/ Syrup Chicken Sausage Cherry Star Assorted Fruit Veggies/Dip Milk Choice	29 <u>Gluten Free Mac & Cheese</u> Gluten Free Cookie Steamed Broccoli Assorted Fruit Veggies/Dip Milk Choice	30 <u>Gluten Free Mozzarella Sticks</u> Sweet Corn 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.

Elementary School Lunch Price \$3.25 Milk Only \$0.75