

Monday
Tuesday
Wednesday
Thursday
Friday


<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>
<p>6</p>	<p>Labor Day No School</p>	<p>7 Whole Grain Chicken Nuggets (18g) Oven Fries (18g) Assorted Fruit (15g) Veggies/Dip Whole Grain Cookies (15g) Milk Choice</p>	<p>8 Brunch For Lunch! Mini Waffles (15g) w/ Syrup (21g) Chicken Sausage Sunset sip (10g) Assorted Fruit (15g) Veggies/Dip Milk Choice</p>	<p>9 Homemade Cheese Pizza (40g) Tossed Romaine Salad Veggies/Dip Assorted Fruit (15g) Milk Choice</p>
<p>12 Whole Grain Popcorn Chicken (14g) Oven Fries (18g) Assorted Fruit (15g) Veggies/Dip Milk Choice</p>	<p>13 Chinese Take Out! Orange Chicken (19g) Steamed Brown Rice (22g) Steamed Edamame (7g) Whole Grain Dinner Roll (15g) Assorted Fruit (15g) / Veggies/Dip Milk Choice</p>	<p>14 Brunch For Lunch! Mini Pancakes (38g) w/ Syrup (21g) Danimals Yogurt (14g) Sunset Sip Juice (10g) Assorted Fruit (15g) Veggies/Dip Milk Choice</p>	<p>15 Turkey Corn Dog (33g) Seasoned Carrots (7g) Assorted Fruit (15g) Veggies/Dip Milk Choice</p>	<p>16 Pizza Crunchers (41g) w/ Marinara Steamed Broccoli (7g) Assorted Fruit (15g) Veggies/Dip Milk Choice</p>
<p>19 Whole Grain Chicken Nuggets (18g) Sweet Corn (15g) Assorted Fruit (15g) Veggies/Dip Milk Choice</p>	<p>20 Taco Tuesday! Beef Soft Taco with Lettuce, Tomato & Cheese (18g) Black Beans (29g) Assorted Fruit (15g) Veggies/Dip Milk Choice</p>	<p>21 Brunch For Lunch! French Toast Sticks (38g) with Syrup (21g) Mozzarella Cheese Stick (1g) Dragon Punch (11g) Assorted Fruit (15g) Veggies/Dip Milk Choice</p>	<p>22 Pasta w/ Meat sauce (39g) Steamed Broccoli (7g) Whole grain garlic bread (15g) Assorted Fruit (15g) Veggies/Dip Milk Choice</p>	<p>23 Homemade Cheese Pizza (40g) Steamed Carrots (7g) Veggies/Dip Assorted Fruit (15g) Milk Choice</p>
<p>26 Whole Grain Popcorn Chicken (14g) Baked Beans (29g) Assorted Fruit (15g) Veggies/Dip Milk Choice</p>	<p>27 Hamburger on Whole Grain Bun (30g) Sweet Potato Fries (25g) Assorted Fruit (15g) Veggies/Dip Milk Choice</p>	<p>28 Brunch For Lunch! Mini Waffles (15g) w/ Syrup (21g) Chicken Sausage Cherry Star (11g) Assorted Fruit (15g) / Veggies/Dip Milk Choice</p>	<p>29 Mac & Cheese (37g) Whole Grain Goldfish Crackers (14g) Steamed Broccoli (7g) Assorted Fruit (15g) Veggies/Dip Milk Choice</p>	<p>30 Bosco Sticks w/ Marinara (20g) Sweet Corn (15g) Assorted Fruit (15g) 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