

Monday

Tuesday

Wednesday

Thursday

Friday



<p>5</p>	<p>6</p> <p>Labor Day No School</p>	<p>7</p> <p>Whole Grain Chicken Tenders (18g) Oven Fries (18g) Tossed Romaine Salad Assorted Fruit (15g) Veggies/Dip Whole Grain Cookies (15g) Milk Choice</p>	<p>8</p> <p>Hot Dog Bar (30g) Baked Beans (30g) Tossed Romaine Salad Assorted Fruit (15g) Veggies/Dip Milk Choice</p>	<p>9</p> <p>Pizza Bar (40g) Tossed Romaine Salad Veggies/Dip Assorted Fruit (15g) Milk Choice</p>
<p>12</p> <p>Whole Grain Popcorn Chicken (14g) Oven Fries (18g) Whole Grain Cookie (15g) Tossed Romaine Salad Assorted Fruit (15g)/ Veggies/Dip Milk Choice</p>	<p>13</p> <p>Chinese Take Out! General Tso Chicken Steamed Brown Rice (22g) Steamed Edamame (7g) Whole Grain Dinner Roll (15g) Tossed Romaine Salad Assorted Fruit (15g) Veggies/Dip Milk Choice</p>	<p>14</p> <p>WG Mozzarella Sticks (33g) w/ Marinara Tossed Romaine Salad Assorted Fruit (15g) Veggies/Dip Milk Choice</p>	<p>15</p> <p>Boneless Chicken Wings Sweet Potato Fries (23g) Whole Grain Cookie (15g) Tossed Romaine Salad Assorted Fruit (15g)/ Veggies/Dip Milk Choice</p>	<p>16</p> <p>Pizza Crunchers (41g) w/ Marinara Steamed Green Beans (4g) Tossed Romaine Salad Assorted Fruit (15g) Veggies/Dip Milk Choice</p>
<p>19</p> <p>Whole Grain Chicken Tenders (18g) Sweet Potato Fries (23g) Whole Grain Dinner Roll (15g) Tossed Romaine Salad Assorted Fruit (15g)/ Veggies/Dip Milk Choice</p>	<p>20</p> <p>Taco Tuesday! Beef Soft Taco with Lettuce, Tomato & Cheese (18g) Black Beans (29g) Tossed Romaine Salad Assorted Fruit (15g) Veggies/Dip Milk Choice</p>	<p>21</p> <p>Brunch For Lunch! French Toast Sticks (38g) with Syrup (21g) Chicken Sausage Tossed Romaine Salad Assorted Fruit (15g) Veggies/Dip Milk Choice</p>	<p>22</p> <p>Pasta w/ Meat sauce (39g) Seasoned Green beans (4g) Whole grain garlic bread (25g) Tossed Romaine Salad Assorted Fruit (15g) Veggies/Dip Milk Choice</p>	<p>23</p> <p>Pizza Bar (40g) Sweet Corn (7g) Tossed Romaine Salad Veggies/Dip Assorted Fruit (15g) Milk Choice</p>
<p>26</p> <p>Whole Grain Popcorn Chicken (14g) Baked Beans (29g) Oven Fries (18g) Whole Grain Cookie (15g) Tossed Romaine Salad Assorted Fruit (15g)/ Veggies/Dip Milk Choice</p>	<p>27</p> <p>Chinese Take Out! General Tso Chicken Steamed Brown Rice (22g) Steamed Broccoli (7g) Whole Grain Dinner Roll (15g) Tossed Romaine Salad Assorted Fruit (15g), Veggies/Dip Milk Choice</p>	<p>28</p> <p>Burger Bar (30g) Sweet Potato Fries (23g) Tossed Romaine Salad Assorted Fruit (15g) Veggies/Dip Milk Choice</p>	<p>29</p> <p>Mac & Cheese (37g) Whole Grain Goldfish Crackers (14g) Steamed Green Beans (4g) Tossed Romaine Salad Assorted Fruit (15g) Veggies/dip Milk Choice</p>	<p>30</p> <p>Bosco sticks (26g) w/ Marinara Tossed Romaine Salad 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