

Jr and Sr High School Menu

September 2018

Menu Subject to Change

Southern Cayuga School District is an Equal Opportunity Provider and Employer

MONDAY

3

Labor Day
No
School

TUESDAY

4

Superintendent's
Conference Day

No School

WEDNESDAY

5

Chicken Nuggets
w/Texas Toast
Oven Fries

THURSDAY

6

French Toast Bites
w/Sausage
Hash Brown Patty

FRIDAY

7

Stuffed Crust Pizza
Garden Salad
w/Dressing
Seasoned Broccoli

Available Daily

Turkey & Cheese, Pizza,
Yogurt Meal and PB & J

Salad Du Jour

Chef Salad Available Daily

Breakfast

PK-6 \$1.50

7-12 \$1.60

Lunch

K-6 \$2.45

7-12 \$2.55

10

Turkey & Cheese Sub
w/Toppings
Sweet Potato Fries

11

Ravioli w/Roll
Seasoned Carrots

12

Pasta w/Meat Sauce
Garlic Bread Stick
Garden Salad
w/Dressing
Seasoned Green Beans

13

Beef Nachos
Cheesy Bean Dip

14

Homemade Pizza
Garden Salad
w/Dressing

17

Bacon Cheeseburger
Shipwreck Beans
Sweet Potato Bites

18

Breakfast Sandwich
w/Sausage
Hash Brown Patty

19

Toasted Cheese
Sandwich
Tomato Soup
w/Cheez-its
Corn Chowder

20

Turkey & Gravy
w/Dinner Roll
Mashed Potatoes
Seasoned Corn

21

Personal Pan Pizza
Garden Salad
w/Dressing
Seasoned Broccoli

24

Ham & Cheese
Panini
Seasoned Carrots
Sweet Potato Fries

25

Garlic Parmesan Chicken
w/Texas Toast
Mashed Potatoes
Seasoned Corn

26

Macaroni & Cheese
w/Dinner Roll
Seasoned Green Beans

27

Chicken & Cheese
Quesadilla
Cheesy Bean Dip
Seasoned Corn

28

Homemade Pizza
Garden Salad
w/Dressing

Visit our website to print an
application for Free or
Reduced Price Meals and to
view menus.

www.southern cayuga.org

What common kitchen
item is made up of sodium
and chlorine atoms?

Available with All Lunches

Sides of the Day

Assorted Fresh Fruit or Fruit Cups

Milk Choice

Salt