

Emily Howland 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
Oven Fries
Seasoned Corn

THURSDAY

6

French Toast Bites
w/Sausage
100% Fruit/Vegetable
Juice
Hash Brown Patty

FRIDAY

7

Stuffed Crust Pizza
Garden Salad
w/Dressing
Seasoned Broccoli

Second Choice

Turkey & Cheese, PB & J and
Yogurt Meal Available Daily

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
Seasoned Carrots
Sweet Potato Fries

11

Ravioli w/Roll
Carrots & Celery
w/Dip

12

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

13

Beef Nachos
Cheesy Bean Dip
Seasoned Corn

14

Homemade Pizza
Garden Salad
w/Dressing
Seasoned Broccoli

17

Cheeseburger
BBQ Baked Beans
Sweet Potato Bites

18

Breakfast Sandwich
w/Sausage
100% Fruit/Vegetable
Juice
Hash Brown Patty

19

Toasted Cheese
Sandwich
Tomato Soup
w/Cheeze-its
Garden Salad
w/Dressing

20

Turkey & Gravy
w/Dinner Roll
Mashed Potatoes
Seasoned Corn

21

Personal Pan Pizza
Garden Salad
w/Dressing
Seasoned Broccoli

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24

Ham & Cheese Panini
Seasoned Carrots
Sweet Potato Fries

25

Chicken Nuggets
Mashed Potatoes
Seasoned Corn

26

Macaroni & Cheese
w/Dinner Roll
Seasoned Green Beans
Celery w/Dip

27

Chicken & Cheese
Quesadilla
Refried Beans
Seasoned Corn

28

Homemade Pizza
Garden Salad
w/Dressing
Seasoned Broccoli

What did the butter say to
the bread?

Available with All Lunches

Sides of the Day
Assorted Fresh Fruit or Fruit Cups
Milk Choice

©
I'm on a roll.