




September 2009

Healthy School Lunch Menu

Southern Cayuga Central School Middle & High

If your child is approved for free or reduced price lunches, they also qualify for free or reduced breakfast.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 
6	7 NO SCHOOL LABOR DAY	8 Chicken patty, parm. Or meatball sub w/ cheese on bun Summer squash cas- serole fruit/ milk	9 Pepperoni or Chicken wing pizza Garden salad Fruit Milk	10 Taco's or chicken Fajita with toppings Soft or hard shell Spinach salad Fruit milk	11 Toasted cheese Tomato soup or Chicken potato soup Fruit Milk	12
13	14 BBQ pork or Cheeseburger on bun X-ray vision carrots Fruit Milk	15 Ravioli or Mexican Lasagna Dinner roll Corn Fruit Milk	16 Pepperoni or Vegetable garden pizza Green beans Fruit milk	17 Spaghetti plain or Meat sauce Italian bread Raw broccoli salad Fruit milk	18 Deli day with choice Of meat on sub roll Dill pickles With toppings Fruit Milk	19
20	21 Chicken patty, parm. Or meatball sub w/ cheese on bun Broccoli w/cheese Fruit milk	22 Chicken nuggets With dipping sauce French fries Power peas Fruit milk	23 Pepperoni or Chicken wing pizza Garden salad Fruit Milk	24 Taco's or chicken Fajita with toppings Soft or hard shell Corn Fruit milk	25 Calzone Pepperoni or Cheese Vegetable surprise Fruit Milk	26
27 	28 Chicken patty or Fish patty on bun Cabbage casserole Fruit Milk	29 Plain or cheesy dog Or Italian sausage On bun Shipwreck beans Fruit Milk	30 Pepperoni or Garlic pizza Green beans Fruit Milk			