


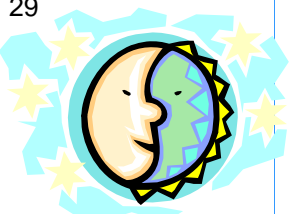


November 2009

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

Healthy School Lunch Menu

Southern Cayuga Central School Middle & High

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 1	2 Sloppy Joe or Cheeseburger On bun Salt potatoes Fruit Milk	3 Taco's or Chicken fajita Soft or hard shell With toppings Corn Fruit / milk	4 Pepperoni or Chicken wing Pizza Green beans Fruit Milk	5 HALF DAY FOR STUDENTS	6 HALF DAY FOR STUDENTS	7 
 8	9 Chicken patty, parm. Or meatball sub On bun Broccoli with cheese Fruit Milk	10 Meat ravioli or Lasagna Dinner roll Carrots Fruit Milk	11 NO SCHOOL VETERAN'S DAY	12 Sweet-n-savory chicken or beef -n- Broccoli over Pasta or rice Egg roll Fruit / milk	13 Toasted cheese or Grilled ham & cheese Tomato soup or Vegetable soup Fruit Milk	14
15	16 Fish patty or Cheeseburger On bun Salt potatoes Fruit Milk	17 Cheesy hot dog or Italian sausage On bun Shipwreck beans Fruit Milk	18 Pepperoni or Chicken wing Pizza Garden salad Fruit Milk	19 Turkey gravy over Mashed or rice Dinner roll Corn Apple crisp Fruit / milk	20 Deli day With choice of meat On bun With toppings Dill pickles Fruit / milk	21
22	23 Chicken patty, parm. Or meatball sub On bun Broccoli with cheese Fruit Milk	24 Chicken nuggets French fries Corn Fruit Milk	25 NO SCHOOL	26 NO SCHOOL THANKSGIVING DAY	27 NO SCHOOL	28
 29	30					