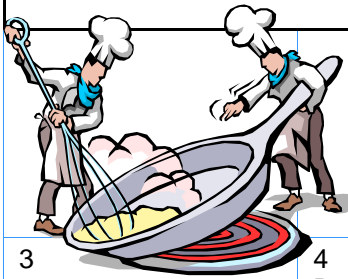



January 2010

Lunch Menu

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

Southern Cayuga Central School Middle & High

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<p>1 NO SCHOOL HAPPY NEW YEAR</p>	
3	4 Doubled cheeseburger or fish patty On bun With toppings Carrots Fruit / milk	5 Taco's or Chicken fajita Soft shell with toppings Refried beans Fruit / milk	6 Pizza Pepperoni or Chicken wing Garden salad Fruit / milk	7 Spaghetti Plain or meat sauce Italian bread Green beans Fruit / milk	8 Deli day With choice of meat On roll With toppings Dill pickles Fruit / milk	
10	11 Chicken patty, parm. Or meatball sub On bun Broccoli with cheese Fruit / milk	12 Cheesy hot dog, fish hoagie or Italian sau- sage on bun Shipwreck beans Fruit /milk	13 Pizza Pepperoni or Sausage Pasta spinach salad Fruit /milk	14 Zesty meatloaf Steak fries Corn Fruit milk	15 HALF DAY SCHOOL STAFF DEVELOPMENT	16
17	18 NO SCHOOL MARTIN LUTHER KING DAY	19 Calzone Pepperoni or Cheese Carrots Fruit/ milk	20 Meat ravioli or Goulash Italian bread Garden salad Fruit / milk	21 Macaroni & cheese or Scalloped potatoes & ham with dinner roll Corn Fruit / milk	22 Toasted cheese or Toasted ham & cheese tomato soup or Chili Fruit / milk	23
24	25 Chicken patty or Chicken carbonara On bun with toppings Spinach salad Fruit / milk	26 Chicken nuggets With dipping sauce French fries Carrots Fruit / milk	27 Pizza Pepperoni or Chicken wing Green beans Fruit / milk	28 Turkey gravy over Mashed or rice Dinner roll Corn Fruit / milk	29 Sweet-n-savory chicken or beef stir-fry Over rice or pasta Egg roll Fruit / milk	30
31	