

Emily Howland Elementary School Menu

Menu Subject to Change

Southern Cayuga Cent School District is an Equal Opportunity Provider and Employer

March 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
Mini Waffles
w/Syrup
Sausage Links
Breakfast Rounds
100% Dragon Juice

3-C
Mozzarella Cheese Bites
w/Marinara Sauce
Sweet Potato Fries
Seasoned Carrots

4-D
Meatball Sub w/Cheese
on Bun
Baked Fries
Baked Beans

5-A
Macaroni & Cheese
Dinner Roll
Green Beans
Seasoned Corn

6-B
Homemade Pizza
Tossed Salad
w/Dressing
Seasoned Broccoli

9-C
Cheeseburger
on Bun
Baked Beans
Baked Fries

10-D
Taco Tuesday
w/Lettuce, Tomato &
Cheese
Bean Dip
Seasoned Corn

11-A
Chicken Nuggets
w/Dipping Sauces
Sweet Potato Fries
Seasoned Carrots

12-B
Pasta w/Meat Sauce
Dinner Roll
Seasoned Corn
Green Beans

13-C
Homemade Pizza
Tossed Salad
w/Dressing
Seasoned Broccoli

16-D
Chicken Patty
on Bun
Sweet Potato Fries
Green Beans

17-A
Beef Nacho
w/Lettuce, Tomato &
Cheese
Refried Beans

18-B
Pizza Crunchers
Cheese or Buffalo
Baked Fries
Seasoned Carrots

19-C
Turkey Gravy over
Mashed Potato
Dinner Roll
Seasoned Corn

20
Staff Development
No School for
Students

23-D
Cheeseburger
on Bun
Baked Beans
Sweet Potato Fries

24-A
Taco Tuesday
w/Lettuce, Tomato &
Cheese
Refried Beans
Season corn

25-B
Chicken Nuggets
w/Dipping Sauce
Baked Fries
Green Beans

26-C
Chicken, Ham & Cheese
Casserole
Dinner Roll
Seasoned Carrots

27-D
Wild Mikes Pizza
Tossed Salad
w/Dressing
Seasoned Broccoli

30-A
Chicken Patty
on Bun
Baked Fries
Baked Beans

31-B
Walk-in Taco
w/Lettuce, Tomato &
Cheese
Refried Beans

Second Choice

Turkey & Cheese Sandwich
Egg Salad Sandwich
Tuna Fish Sandwich
Fresh Chicken Cranberry
Salad

PB & J and Yogurt Meal
also available

Breakfast	\$1.55
Lunch	
Elementary Schools	\$2.50
High Schools	\$2.60
Milk	\$0.50

Visit our website to print an
application and view
menus.

www.southerncayuga.org

What is a cow's favorite
candy bar?

Milky Way!