

SCCS Jr & SR High School Menu

Menu Subject to Change

Southern Cayuga Jr & Sr High School is an Equal Opportunity Provider and Employer

April 2019

MONDAY

1
Chicken Patty
Chicken Parmesan
on Bun
Seasoned Carrots
Coleslaw

8
Double Bacon
Cheeseburger
on Bun
Baked French Fries
Seasoned Carrots

15
Spring Recess
No School

22
Spring Recess
No School

29
Mini Pancakes
Sausage Link
Hash Brown

TUESDAY

2
Taco Tuesday
w/Lettuce, Tomato &
Cheese
Cheesy Bean Dip
Seasoned Corn

9
Walk-in Taco
w/Lettuce, Tomato
& Cheese
Mexican Corn Salad

16
Spring Recess
No School

23
Chicken Patty
Chicken Parmesan
on Bun
Sweet Potato Fries

30
Taco Tuesday
w/Lettuce, Tomato &
Cheese
Cheesy Bean Dip
Corn

WEDNESDAY

3
Chicken Nuggets
Dinner Roll
w/Dipping Sauce
French Fries

10
Personal Pan Pizza
Garden Salad
w/Dressing

17
Spring Recess
No School

24
Chicken Nuggets
Dinner Roll
w/Dipping Sauce
French Fries

THURSDAY

4
Chicken Alfredo or
Shepherd's Pie
Dinner Roll
Seasoned Broccoli

11
Turkey Gravy Over
Mashed Potatoes
Dinner roll
Seasoned Corn
Green beans

18
Spring Recess
No School

25
Macaroni & Cheese
Dinner Roll
Seasoned Carrots
Seasoned Green Beans

FRIDAY

5
Homemade Pizza
Garden Salad
w/Dressing

12
Salisbury steak
w/Gravy
Dinner Roll
Mashed Potatoes

19
Good Friday
No School

26
Homemade Pizza
Garden Salad
w/Dressing
Seasoned Broccoli

Available Daily

A variety of ...
Pizzas,
Fresh Fajita Chicken Salad
Egg Salad Sandwich

PB & J and Yogurt Meal
also available

Breakfast	\$1.60
Lunch	
Elementary Schools	\$2.45
High Schools	\$2.55
Milk	\$0.50

Visit our website to print
an application and to
View menus.

www.southerncayuga.org

True or False
Milk is a good post –
exercise choice

Milk contains protein,
(carbs, and calcium)
True

Available with All Lunches

Assorted Fresh & Canned Fruit
Milk Choice