

# SCCS Jr/Sr High School Menu

Menu Subject to Change

Southern Cayuga School District Is an Equal Opportunity Provider and Employer

## January 2019

### MONDAY

7  
Hot Turkey & Cheese on Croissant  
Baked French Fries  
Seasoned Carrots

14  
Mini Pancakes w/Syrup  
Sausage Link  
Hash Brown

21  
Martin Luther King Day  
No School

28  
Deli Day  
Turkey or Ham w/Lettuce, Tomato & Cheese  
Dill Pickles

### TUESDAY

1  
Holiday Recess  
No School

8  
Nacho Taco w/Lettuce, Tomato & Cheese  
Cheesy Bean Dip

15  
Cheeseburger Walk-in Taco  
Lettuce, Tomato & Cheese  
Shipwreck Beans  
Seasoned Corn

22  
Taco Tuesday w/Lettuce, Tomato & Cheese  
Cheesy Bean Dip  
*Regents Exam Day*

29  
Walk-in Taco w/Lettuce, Tomato & Cheese  
Cheesy Bean Dip

### WEDNESDAY

2  
Chicken Nuggets W/Dipping Sauce  
Dinner Roll  
Tator Tots

9  
Toasted Cheese  
Tomato Soup  
Corn Chowder

16  
Chicken Nuggets  
Dinner Roll  
Baked Fries  
Carrots

23  
Chicken Patty on Bun  
Sweet Potato Fries  
*Regents Exam Day*

30  
Sheppard's Pie  
Dinner Roll  
Seasoned Green Beans  
Seasoned Carrots

### THURSDAY

3  
Bacon Cheeseburger  
Shipwreck beans  
Seasoned Carrots

10  
Pasta with Meatballs  
Texas Toast  
Seasoned Green Beans

17  
Sweet-n-Savory Chicken with Rice  
Dinner Roll  
Broccoli

24  
Macaroni & Cheese  
Dinner Roll  
Seasoned Carrots  
Seasoned Corn  
*Regents Exam Day*

31  
Turkey Gravy over Mashed Potatoes  
Dinner Roll  
Seasoned Corn

### FRIDAY

4  
Personal Pan Pizza  
Garden Salad w/Dressing  
Seasoned Broccoli

11  
Homemade Pizza  
Garden Salad w/Dressing  
Seasoned Broccoli

18  
Stuffed Crust Pizza  
Garden Salad w/Dressing

25  
Homemade Pizza  
Garden Salad w/Dressing  
Seasoned Broccoli  
*Regents Exam Day*

Available with All Lunches  
Assorted Fruit Cups  
Milk Choice

#### Available Daily

A variety of Pizzas,  
Fresh Chef Salads  
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.southern cayuga.org](http://www.southern cayuga.org)

True or False

"Multigrain" breads are always whole grain?

False

Multi-grain only means that multiple grains are used. The grains could still be refined.