

Emily Howland Elementary School Menu

Menu Subject to Change

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

January 2022

MONDAY

3-D

Chicken Patty
on Bun
Baked Fries

10-A

Bacon Cheeseburger
on Bun
Shipwreck Beans
Dill Pickles

17

Marin Luther King
Jr. Day
No School

24-B

Chicken Patty
On Bun
Sweet Potato Fries
Steamed Carrots

31-C

Bacon Cheeseburger
on Bun
Shipwreck Beans
Dill Pickles

TUESDAY

4-A

Toasted Cheese
Tomato Soup
Green Beans

11-B

Chicken Nuggets
w/ dipping sauce
Baked Fries
Green Beans

18-B

Mozzarella Cheese
Bites
w/ Marinara Sauce
Baked Fries

25-C

Cheeseburger
on Bun
Baked Fries
Baked Beans

Choices Every Day:
Milk:
FF chocolate & 1% white
and
Canned or Fresh Fruit

WEDNESDAY

5-B

Tacos w/ Chips
w/ Toppings
w/ Salsa & Sour Cream
Seasoned Corn
Bean Dip

12-C

Pancakes w/ Syrup
Sausage Links
Tater Tots
100% Dragon Juice

19-C

Tacos w/ Wrap
w/ Toppings
Salsa & Sour Cream
Seasoned Corn

26-D

Pancakes
w/ Syrup
Sausage Links
Tater Tots
100% Dragon Juice

THURSDAY

6-C

Breaded Mozzarella
Sticks
w/ Marinara Sauce
Sweet Potato Fries
Seasoned Carrots

13-D

Macaroni & Cheese
Dinner Roll
Seasoned Carrots
Seasoned Corn

20-D

Meat Sauce
w/ Pasta
Dinner Roll
Green Beans

27-A

Pasta
w/ Meat Sauce
Dinner Roll
Green Beans

FRIDAY

7-D

Homemade
Pizza
Seasoned Broccoli
Garden Salad
w/ Dressing

14-A

Homemade
Pizza
Seasoned Broccoli
Garden Salad

21-A

Homemade
Pizza
Seasoned Broccoli
Garden Salad
w/ Dressing

28-B

Wild Mikes
Pizza
Seasoned Broccoli
Garden Salad
w/ Dressing

Second Choice

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 to
view menus.

www.southern cayuga.org

We are experiencing
supply chain issues with
our food, paper & dairy
deliveries, so the menu
may change without
notice.

Thank you for your
understanding and
patience.