

Emily Howland Elementary School Menu November 2022

Menu Subject to Change

Southern Cayuga Cent School District Is An Equal Opportunity Provider and Employer

2 MONDAY

3 TUESDAY

4 WEDNESDAY

THURSDAY

FRIDAY



1
Walking Taco's
w/ Toppings
Salsa & Sour Cream
Bean Dip
Seasoned Corn

2
Waffles
w/ Syrup
Sausage Links
Tater Tots
100% Dragon Juice

3
Macaroni & Cheese
Dinner Roll
Seasoned Carrots
Green Beans

4
Homemade
Pizza
Seasoned broccoli
Garden Salad
w/ Dressing

7
Bacon
Cheeseburger
On Bun
Shipwreck Beans
Dill Pickles

8
Chicken Nuggets
w/ Dipping Sauce
Baked Fries

9
Pizza
Crunchers
w/ Marinara Sauce
Sweet Potato Fries
Seasoned Carrots

10
Pulled Pork
Plain or BBQ Sauce
On Bun
Tater Tots
Green Beans

11
Veterans' Day
No School

14
Chicken Patty
On Bun
Baked Fries

15
Taco's
w/ Wrap
w/ Toppings
Salsa & Sour Cream
Bean Dip
Seasoned Corn

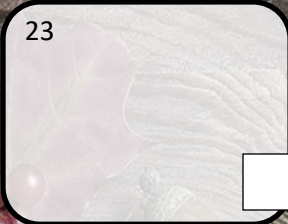
16
Mozzarella Bites
w/ Marinara Sauce
Sweet Potato Fries
Seasoned Carrots

17
Turkey Gravy
Over Mashed Potatoes
Dinner Roll
Seasoned Corn
Green Beans

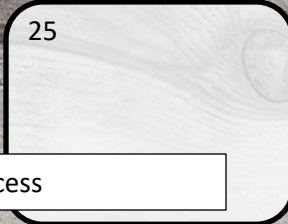
18
Wild Mikes
Pizza
Seasoned Broccoli

21
Parent Conference Day
Pre K – 12
No School

22
Staff Development Day
No School



24
Thanksgiving Day



Thanksgiving Recess

28
Cheeseburger
On Bun
Shipwreck Beans
Dill Pickles

29
Chicken Nuggets
w/ Dipping Sauce
Baked Fries

30
Pizza
Crunchers
w/ Marinara Sauce
Sweet Potato Fries
Seasoned Carrots



Second Choice

PB & J and Yogurt Meal

Breakfast	\$1.75
Lunch	
Elementary Schools	\$2.60
High Schools	\$2.70
Milk	\$0.50

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

www.southern cayuga.org

We are still experiencing

Severe supply chain issues

with our food, paper &
dairy deliveries. So the
menu may change without
notice.

We thank you for your

Patience.