

OCTOBER 2018

Oneida City Schools

MONDAY

Philly Steak Pita

French Fries

Baked Beans

Assorted Fruit

1

TUESDAY

Pizza Crunchers

Marinara Sauce

Corn

Assorted Fruit

2

WEDNESDAY

Cheese OR Garlic Pizza

Carrot Cup/Dip

Assorted Fruit Cup

3

THURSDAY

Meatball Tunnel

Green Beans

Tomato/Cucumber Salad

Apple/Fruit Cup

4

FRIDAY

Chicken Patty Choice Burrito

Romaine Lettuce/Cheese

Tator Tots

Assorted Fruit Cup

5

Macaroni and Cheese

Carrots (steamed)

Whole Grain Roll

Assorted Fruit

12

Chicken Parm on a Roll

Tossed Romaine Salad

Broccoli (steamed)

Assorted Fruit Cup

19

Deli Choice Turkey or Ham Hoagie

Lettuce, Tomato, Cheese

Tortilla Chips & Salsa

Fruit Cup/Banana

26

Specialty Burger on a Bun

Lettuce/Tomato/Cheese

Corn

Assorted Fruit

29

Beefy Soft Tacos/Cheese

Romaine Lettuce/Tomatoes

Salsa, Corn, Refried Beans

Apple/Fruit Cup

9

Cheese OR Garlic Pizza

Carrot/celery Cup/Dip

Assorted Fruit Cup

10

Oriental Chicken/Roll

Broccoli (steamed)

Noodles (WG pasta)

Juice Cup/Fruit Cup

11

Baked Ham Slice

Mashed Potato

Corn Muffin

Warm Apple Slices

18

Pepperoni OR Garlic Pizza

Carrot Cup/Dip

Assorted Fruit Cup

17

Chicken Fajita/Cheese

Romaine, Tomato, Salsa

Refried Beans/Corn

Applesauce/Fruit Cup

16

Homemade Spaghetti with Meat Sauce

Green Beans

WG Roll & Butter

Orange/Fruit Cup

23

Cheese OR Garlic Pizza

Carrot Cup/Dip

Assorted Fruit Cup

24

Roast Turkey/Roll

Rice w/Gravy

Peas (steamed)

Banana/Fruit Cup

25

Pepperoni OR Garlic Pizza

Carrot Cup/Dip

Assorted Fruit Cup

31

Chicken Nuggets /Roll

Rice

Green Beans

Fruit Cup

30

DID YOU KNOW...

October comes from the Latin word "octo" which means eight.

A La Carte

K-8

6oz Yogurt with String Cheese and Roll

PB&J Sandwich on Whole Grain Bread

9-12

Cheese or Garlic Pizza

Asst Deli Sandwich on Whole Grain Bread

Asst Salad with Whole Grain Roll

Chicken Patty

Hamburger

SERVED DAILY
Assorted Fruit Cup
Fresh Fruit

CHOICE OF MILK

1% White, Fat Free-White, Fat Free-Chocolate, or Fat Free Strawberry

School News

October 8th- Columbus Day—No School

Oct. 5th K-12 Early Dismissal-Elementary/Middle School meals served.

Meal Prices K-5 6-12

Breakfast	\$1.00	\$1.00
Lunch	\$2.00	\$2.15

*Menu subject to change