

# OCTOBER 2017

## Oneida City Schools

### MONDAY

2

Chicken Nuggets/Roll  
Sweet Potato Fries  
Green Beans  
Fruit Cup

### TUESDAY

3

BBQ Beef Rib on a  
Bun  
Broccoli  
Baked Beans  
Apple/Fruit Cup

### WEDNESDAY

4

Pepperoni OR  
Garlic Pizza  
Romaine Salad/Veggie  
Assorted Fruit

### THURSDAY

5

Roast Turkey/Roll  
Rice w/Gravy  
Carrots  
Banana/Fruit Cup

### FRIDAY

6

Oriental Chicken  
Vegetable Egg Roll  
Noodles  
Juice Cup/Fruit Cup  
Chilled Pears

9

**Columbus Day**

**No School**

10

Specialty Burger on a  
Bun  
Lettuce/Tomato/Chee:  
Corn  
Assorted Fruit

11

Cheese OR Garlic  
Pizza  
Carrot Sticks/Dip  
Assorted Fruit

12

Baked Ham Slice  
Mashed Potato  
Baked Beans/Corn  
Muffin  
Apple or Orange

13

Macaroni and Cheese  
Carrots (Cooked)  
Whole Grain Roll  
Assorted Fruit

16

French Toast Sticks  
Breakfast Sausage  
Hash Brown  
Baked Apple Slices

17

Taco (Hard or Soft)  
Lettuce, Tomato, Cheese  
Refried Bean  
Chilled Pears/Apple

18

Pepperoni  
OR Garlic Pizza  
Broccoli  
Assorted Fruit

19

Fish on a Bun  
Corn  
Tator Tots  
Assorted Fruit/Grapes

20

**Superintendent's  
Day**

**NO SCHOOL**

23

Chicken Fajita/Cheese  
Peppers, Onions, Salsa  
Refried Beans/Corn  
Applesauce/Fruit Cup

24

Deli Day/Cold Cuts  
Lettuce,  
Tomato, Cheese  
Tortilla Chips & Salsa  
Fruit Cup/Banana

25

Cheese OR Garlic Pizz:  
Rainbow Raw Veggies  
Assorted Fruit

26

Meatball Tunnel  
Green Beans  
Tomato/Cucumber  
Salad  
Apple/Fruit Cup

27

Toasted Cheese  
Tater Tots  
Creamy Coleslaw  
Fruit Cup

30

Hot Dog on a Bun  
Steamed Carrots  
Baked Beans  
Strawberry Cup/Fruit

31

Spaghetti/Meat sauce  
Romaine Tossed Sal:  
WG Roll & Butter  
Orange/Fruit Cup

### DID YOU KNOW?

More US presidents have been born in  
October than in any other month.

### A La Carte

PK-6  
6oz Yogurt with  
String Cheese and  
Roll  
PB&J Sandwich on  
Whole Grain Bread

### School News

Oct. 9<sup>th</sup>  
Columbus Day  
No School

Oct. 20<sup>th</sup>  
Superintendent's  
Day, NO SCHOOL

Meal Prices PK-6  
Lunch \$1.90

\*Menu subject to change

SERVED DAILY  
Assorted Fruit Cup  
Fresh Fruit

CHOICE OF MILK  
Fat Free-White, Fat  
Free-Chocolate, or Fat  
Free Strawberry