

# September 2019

## Oneida City Schools

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Labor Day</b> No School	<b>3</b> <b>Superintendents Day</b> No School	<b>4</b> <b>Orientation Day</b>	<b>5</b> <b>Chicken Nuggets /Roll</b> Rice Green Beans Apple/Fruit Cup	<b>6</b> <b>Hot Dog on a Bun</b> Carrots (steamed) Boston Baked Beans Fruit Cup
<b>9</b> <b>French Toast Sticks</b> Breakfast Sausage Broccoli Asst. Fruit Cup /Veggie Juice	<b>10</b> <b>Grilled Chicken Wrap</b> Sweet Fries Baked Beans Icee/Fruit Cup	<b>11</b> <b>Cheese OR Garlic Pizza</b> Carrot Cup/Dip Assorted Fruit Cup	<b>12</b> <b>Homemade Spaghetti with Meat Sauce</b> Green Beans WG Roll & Butter Orange/Fruit Cup	<b>13</b> <b>Fish Fillet on a Roll</b> French Fries Coleslaw Assorted Fruit Cups
<b>16</b> <b>Pizza Crunchers</b> Marinara Sauce Broccoli (steamed) Assorted Fruit	<b>17</b> <b>Hard Or Soft Tacos/Cheese</b> Romaine Lettuce/Tomatoes Rice/Salsa, Corn Apple/Fruit Cup	<b>18</b> <b>Pepperoni OR Garlic Pizza</b> Carrot Cup/Dip Assorted Fruit Cup	<b>19</b> <b>BBQ Chicken / WG Roll</b> French Fries Baked Beans Banana/Fruit Cup	<b>20</b> <b>Deli Choice Turkey or Ham Hoagie</b> Lettuce, Tomato,Cheese Green Beans Tortilla Chips & Salsa Fruit Cup
<b>23</b> <b>Specialty Burger on a Bun</b> Lettuce/Tomato/Cheese Corn ,Baked Beans Assorted Fruit	<b>24</b> <b>Meatball Tunnel</b> Green Beans Tomato/Cucumber Salad Apple/Fruit Cup	<b>25</b> <b>Cheese OR Garlic Pizza</b> Carrot Cup/Dip Assorted Fruit Cup	<b>26</b> <b>Chicken Parm on a Roll</b> Sweet Tots Broccoli (steamed) Orange/Assorted Fruit Cup	<b>27</b> <b>Toasted Cheese</b> Tomato Soup Fresh Veggie Cup Assorted Fruit
<b>30</b> <b>Sampler Lunch</b> <b>Chicken Strip/Mozz Stick</b> Marinara Sauce/Dip Peas /WG Roll Fruit Cup	<h3>Did You Know?</h3> <p>September was the seventh month of the original Roman calendar. This is where it got its name which means seventh. Later, when January and February were added to the calendar it became the ninth month.</p>			

### A La Carte

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

**SERVED DAILY**  
 Assorted Fruit Cup  
 Fresh Fruit

**CHOICE OF MILK**  
 1% White, Fat Free-White, Fat Free-Chocolate, or Fat Free Strawberry

### School News

Sept. 2<sup>nd</sup> Labor Day—No School

Sept 3<sup>rd</sup> & 4<sup>th</sup> Superintendent's Day  
 No School

Meal Prices PK- 6

Lunch \$2.10

\*Menu subject to change