

# JANUARY 2020

## Oneida City Schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### DID YOU KNOW?

In the Southern Hemisphere, January is a summer month the equivalent of July.

Winter Recess

Jan 1-3, 2020

NO SCHOOL

Winter Recess

Jan 1-3, 2020

NO SCHOOL

Winter Recess

Jan 1-3, 2020

NO SCHOOL

6  
Chicken Nuggets /Roll  
Baked Beans  
Corn  
Apple or Fruit Cup

7  
Spaghetti & Meatball  
Green Beans  
WG Roll & Butter  
Orange or Fruit Cup

8  
Cheese OR  
Garlic Pizza  
Carrot Cup w/Dip  
Assorted Fruit Cup

9  
BBQ Chicken/Roll  
Romaine Salad  
Broccoli (steamed)  
Assorted Fruit Cup  
or Banana

10  
French Toast Sticks  
Breakfast Sausage  
Carrot Sticks  
Assorted Fruit Cup  
Veg Juice

13  
Mini Cheeseburger  
Sliders  
French Fries  
Green Beans  
Assorted Fruit

14  
Chicken Patty on a Bun  
Peas  
Romaine Lettuce,  
Tomato  
Assorted Fruit or  
Strawberries

15  
Cheese OR  
Garlic Pizza  
Carrot Cup w/Dip  
Assorted Fruit Cup

16  
Meatball Tunnel  
Broccoli (steamed)  
Tomato/Cucumber  
Salad  
Apple or Fruit Cup

17  
Deli Style  
Turkey or Tuna  
Romaine  
Lettuce, Tomato  
Sweet Potato Tots  
Fruit Cup

20  
Martin Luther King  
Day  
  
No School

21  
BBQ Pulled Pork  
Corn on the Cob  
Coleslaw  
Fruit Cup or Apple

22  
Cheese OR  
Garlic Pizza or  
Chicken Wing Pizza  
Carrot Cup w/Dip  
Assorted Fruit Cup

23  
Chicken and Biscuits  
Peas (steamed)  
Assorted Fruit Cup  
or Melon Cubes

24  
Mac & Cheese  
Broccoli (steamed)  
Whole Grain Roll  
Assorted Fruit

27  
Hot Dog on a Bun  
Carrots (Steamed)  
Tator Tots  
Fruit Cup

28  
Taco Tuesday  
Romaine Lettuce,  
Tomatoes  
Salsa, Green Beans  
Apple or Fruit Cup

29  
Cheese OR  
Garlic Pizza  
Carrot Cup w/Dip  
Assorted Fruit Cup

30  
BBQ Rib on a Roll  
Baked Beans  
Winter Squash  
Fruit Cup  
or Mixed Berries

31  
Toasted Cheese  
French Fries  
Fresh Broccoli w/Dip  
Assorted Fruit Cups

### 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

Martin Luther King Day—  
January 20, 2020-No School

Meal Prices PK-6

Lunch \$2.10

\*Menu subject to change