

# OCTOBER 2017

## Oneida City Schools

### MONDAY

Chicken Nuggets/Roll **2**  
 Sweet Potato Fries  
 Green Beans

**2**

### TUESDAY

BBQ Beef Rib on a Bun **3**  
 Broccoli  
 Baked Beans  
 Apple/Fruit Cup

**3**

### WEDNESDAY

Pepperoni OR Garlic Pizza **4**  
 Romaine Salad/Veggies  
 Assorted Fruit

**4**

### THURSDAY

Roast Turkey/Roll **5**  
 Rice w/Gravy  
 Carrots  
 Banana/Fruit Cup

**5**

### FRIDAY

Oriental Chicken **6**  
 Vegetable Egg Roll  
 Noodles  
 Juice Cup/Fruit Cup

**6**

**9**

Columbus Day  
 No School

Specialty Burger on a Bun **10**  
 Lettuce/Tomato/Cheese  
 Corn  
 Assorted Fruit

**10**

Cheese OR Garlic Pizza **11**  
 Carrot Sticks/Dip  
 Assorted Fruit

**11**

Baked Ham Slice **12**  
 Mashed Potato  
 Baked Beans/Corn Muffin  
 Apple or Orange

**12**

Macaroni and Cheese **13**  
 Carrots (Cooked)  
 Whole Grain Roll

**13**

**16**

French Toast Sticks  
 Breakfast Sausage  
 Hash Brown  
 Baked Apple Slices

Taco (Hard or Soft) **17**  
 Lettuce, Tomato, Cheese  
 Refried Bean  
 Chilled Beans/Apple

**17**

Pepperoni OR Garlic Pizza **18**  
 Broccoli  
 Assorted Fruit

**18**

Fish on a Bun **19**  
 Corn  
 Tator Tots  
 Assorted Fruit/Grapes

**19**

Superintendent's Day  
 NO SCHOOL **20**

**20**

**23**

Chicken Fajita/Cheese  
 Peppers, Onions,  
 Salsa  
 Refried Beans/Corn

Deli Day/Cold Cuts **24**  
 Lettuce, Tomato, Cheese  
 Tortilla Chips & Salsa  
 Fruit Cup/Banana

**24**

Cheese OR Garlic Pizza **25**  
 Rainbow Raw Veggies  
 Assorted Fruit

**25**

Meatball Tunnel **26**  
 Green Beans  
 Tomato/Cucumber Salad  
 Apple/Fruit Cup

**26**

Toasted Cheese **27**  
 Tater Tots  
 Creamy Coleslaw  
 Fruit Cup

**27**

**30**

Hot Dog on a Bun  
 Steamed Carrots  
 Baked Beans

Spaghetti/Meat sauce **31**  
 Romaine Tossed Salad  
 WG Roll & Butter

**31**

### A La Carte

- K-8
- Cheese Pizza
- 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 on a WG
- Bun

### School News

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

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

	Meal Prices K-5	6-12
Breakfast	\$1.00	\$1.00
Lunch	\$1.90	\$2.05

\*Menu subject to change

### DID YOU KNOW?

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