

FEBRUARY 2023

Onondaga Nation School

equal opportunity employer

LUNCH



-Meals are NOT free for all students

-An approved meal application must be on file for free meals. They can be found at lafayetteschools.org on the Food Service page, click the plate setting icon.

-MENU SUBJECT TO CHANGE



February is American Heart Month. Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

MONDAY

Daily
Yogurt Meal
PB&J

TUESDAY

Chicken Fingers w/Dip **6**

Sweet Potato Fries
Seasoned Broccoli

Taco Tuesday! **7**
Beef, soft shells, salsa, cheese, sour cream, lettuce

Seasoned Corn
Black Bean Salsa

WEDNESDAY

Chicken Patty Whole Grain Bun **1**

French Fries
Steamed Broccoli

Pasta & Meatsauce w/Breadstick & Parmesan **8**

Caesar Salad
Green Beans

THURSDAY

Mac N' Cheese Cheesy Breadstick **2**

Peas & Carrots
Celery Sticks w/Ranch

Toasted Cheese on Whole Grain Bread **9**

Tomato Soup
Celery Sticks w/Ranch

FRIDAY

Personal Pan Pizza **3**

Caesar Salad
Carrot Coins

Big Daddy Pizza **10**

Garden Salad
Carrot Coins

Cheeseburger Whole Grain Bun **13**

Sweet Potato Trax
Green Beans

Valentine's Day **14**
Heart Shaped Chicken Nuggets
Smiley Fries
California Blend

Pizza Crunchers w/Tomato Sauce **15**

Caesar Salad
Veggies w/Dip

Nachos Supreme w/Salsa & Sour cream **16**

Cheesy Bean Dip
Seasoned Corn

Assorted Pizza **17**

Broccoli
Seasoned Carrots

Winter recess **20**

Winter recess **21**

Winter recess **22**

Winter recess **23**

Winter recess **24**

Chicken Patty Whole Grain Bun **27**

Mixed-up Veggies
Sweet Potato Fries

Cheese Quesadilla Salsa & Sour Cream **28**

Seasoned Corn
Black Bean Salsa

