

JANUARY 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



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

MONDAY

Holiday Recess

2

No School

TUESDAY

Pizza Crunchers
w/Tomato Sauce

3

Broccoli
Seasoned Corn

WEDNESDAY

Cheeseburger
Whole Grain Bun

4

French Fries
Green Beans

THURSDAY

Toasted Cheese on
Whole Grain Bread

5

Tomato Soup
Celery Sticks w/Dip

FRIDAY

Personal Pan Pizza

6

Caesar Salad
Seasoned Carrots

Chicken Patty
Whole Grain Bun

9

Mixed-up Veggies
Sweet Potato Fries

Taco Tuesday!
Beef, soft shells, salsa,
cheese, sour cream, lettuce
Seasoned Corn
Black Bean Salsa

10

Pasta & Meatsauce
w/Breadstick

11

Caesar Salad
Green Beans

Breakfast Sandwich
Whole Grain Croissant

12

French Fries
Veggie/Fruit Juice

Big Daddy's Pizza

13

Broccoli
Carrot Coins

Martin Luther King Day

16

No School

Chicken Nuggets
w/Dip

17

Sweet Potato Fries
Steamed Broccoli

Twisted Cheesy
Breadsticks
w/Tomato Sauce
Green Beans
Tossed Salad

18

French Toast Sticks
w/Sausage

19

Hash Rounds
Cherry Star Juice

Stuffed Crust Pizza

20

Caesar Salad
Carrot Coins

Breaded Mozzarella
Sticks w/Tomato Sauce

23

Green Beans
Cali Blend

Nachos Supreme
w/Salsa & Sour cream

24

Cheesy Bean Dip
Seasoned Corn

Meatball Sub w/Parm
Whole Grain Bun

25

French Fries
Steamed Broccoli

Chicken Gravy
Over WG Biscuit

26

Sweet Potato Fries
Mixed Veggies

Assorted Pizza

27

Garden Salad
Carrot Coins

Mini-Corn Dogs
w/ Honey Mustard

30

Green Beans
Sweet Potato Fries

Walking Taco
Beef, salsa, cheese,
sour cream, lettuce
Seasoned Corn
Cheesy Bean Dip

31

