

MARCH 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



March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

MONDAY

Daily
PB & J
Yogurt Meal

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

Sausage, Egg & Cheese
Breakfast Croissant 1

Pasta Bake(goulash)
w/Breadstick 2

Stuffed Crust Pizza 3

Tater Tots
Veggie Juice

Caesar Salad
Green Beans

Garden Salad
Carrot Coins

Chicken Nuggets
w/Dip 6

Taco Tuesday!
Beef, soft shells,
salsa, cheese, sour cream,
lettuce 7
Seasoned Corn
Black Bean Salsa

Twisted Cheesy
Breadsticks 8
w/Tomato Sauce
Green Beans
Tossed Salad

French Toast Sticks 9
w/Sausage
Hash Rounds
Cherry Star Juice

Big Daddy's Pizza 10
Caesar Salad
Carrot Coins

Sweet Potato Fries
Steamed Broccoli

Superintendent
Conference day 13

Snow Day 14

Mozzarella Sticks
w/Tomato Sauce 15

Deluxe Cheeseburger
Whole Grain Bun 16

Homemade Pizza 17

No School

Green Beans
Cali Blend

French Fries
Steamed Broccoli

Garden Salad
Carrot Coins

Cheeseburger
Whole Grain Bun 20

Walking Taco 21
Beef, salsa, cheese,
sour cream, lettuce
Seasoned Corn
Cheesy Bean Dip

Chicken Patty
Whole Grain Bun 22

Mac N' Cheese
Cheesy Breadstick 23

Personal Pan
Pizza 24

French Fries
Steamed Broccoli

French Fries
Steamed Broccoli

Peas & Carrots
Celery Sticks w/Ranch

Caesar Salad
Carrot Coins

Chicken Fingers
w/Dip 27

Cheese Quesadilla
Salsa & Sour Cream 28

Mini-Pancakes
w/Sausage 29

Cook's Choice 30

Assorted Pizza 31

Sweet Potato Fries
Seasoned Broccoli

Seasoned Corn
Black Bean Salsa

Hash Rounds
Sunset Sip Juice

Check back for an
updated menu

Broccoli
Seasoned Carrots