

SEPTEMBER 2023

Onondaga Nation School

equal opportunity employer

LUNCH



-Meals are FREE for all students

-MENU SUBJECT TO CHANGE

-Menus can be found at lafayetteschools.org on the Food Service page, click MENUS at the top. They are kept up to date here in the event of a snow day or shortage.



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

Daily
PB&J
Yogurt Meal

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

Welcome!
Meals are **FREE** for all students for the 23-24 school year!

Superintendent
Conference
Day

1

Labor Day

4

Superintendent
Conference
Day

5

Chicken Nuggets
w/Dip

6

French Toast Sticks
w/Sausage

7

Big Daddy's Pizza

8

Caesar Salad
Carrot Coins

Mozzarella Sticks
w/Tomato Sauce

11

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

12

Chicken Sliders
w/Cheese & Pickles

13

Cheeseburger
Whole Grain Bun

14

Homemade Pizza

15

Garden Salad
Carrot Coins

Green Beans
Cali Blend

Mini-Corn Dogs
w/ Honey Mustard

18

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

19

Chicken Patty
Whole Grain Bun

20

Mac N' Cheese
Cheesy Breadstick
Peas & Carrots
Celery Sticks
w/Ranch

21

Personal Pan
Pizza

22

Caesar Salad
Carrot Coins

Chicken Fingers
w/Dip

25

Nachos Supreme
w/Salsa & Sour
cream
Cheesy Bean Dip
Black Beans & Corn

26

Mini-Pancakes
w/Sausage

27

Deli-Day
Ham or Turkey

28

Big Daddy Pizza

29

Sweet Potato Fries
Seasoned Broccoli

Hash Rounds
Sunset Sip Juice

Cuke Salad
Celery Sticks w/Dip

Garden Salad
Carrot Coins