

DECEMBER 2022

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: Include whole grains. 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

Mozzarella Sticks
w/Tomato Sauce

5

Green Beans
Cali Blend

Nachos Supreme
w/Salsa & Sour
cream

6

Cheesy Bean Dip
Seasoned Corn

WEDNESDAY



Deluxe Cheeseburger
Whole Grain Bun

7

French Fries
Steamed Broccoli

THURSDAY

French Toast Sticks
w/Sausage

1

Hash Rounds
Cherry Star Juice

Garlic Parmesan
Roasted Chicken
w/Dinner Roll
Sweet Potato Trax
Mixed Veggies

8

FRIDAY

Big Daddy's Pizza

2

Caesar Salad
Carrot Coins

Homemade Pizza

9

Garden Salad
Carrot Coins

Mini-Corn Dogs
w/ Honey Mustard

12

Green Beans
Sweet Potato Fries

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

13

Chicken Patty
Whole Grain Bun

14

French Fries
Steamed Broccoli

Mac N' Cheese
Cheesy Breadstick

15

Peas & Carrots
Celery Sticks w/Ranch

Personal Pan
Pizza

16

Caesar Salad
Carrot Coins

Chicken Fingers
w/Dip

19

Sweet Potato Fries
Seasoned Broccoli

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

20

Mini-Pancakes
w/Sausage

21

Hash Rounds
Sunset Sip Juice

Turkey Gravy over
Mashed Potatoes
w/Bread & Butter
Green Beans
Sweet Treat

22

Big Daddy Pizza

23

Garden Salad
Carrot Coins

Holiday Recess

26

Holiday Recess

27

Holiday Recess

28

Holiday Recess

29

Holiday Recess

30