

DECEMBER 2021

Onondaga Nation School

equal opportunity employer

LUNCH



All Students eat free regardless of income!!
MENU SUBJECT TO CHANGE (because it will)
-More info available at lafayetteschools.org on the Food Service page, click the plate setting icon



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



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Daily
PB&J
Yogurt Meal

(Milk and Fruit included)

Garlic Parmesan
Roasted Chicken
w/Dinner Roll

Green Beans

French Toast Sticks
w/Sausage

Hash Patties

Big Daddy's Pizza

Caesar Salad

Mozzarella Sticks
w/Tomato Sauce

Cali Blend

Nachos Supreme
w/Salsa & Sour
cream

Black Beans & Corn

Cheeseburger
Whole Grain Bun

French Fries

Chicken & Waffles
w/Syrup & Butter Cups

Sweet Potato Trax

Homemade Pizza

Carrot Coins

Mini-Corn Dogs
w/ Honey Mustard

Sweet Potato Fries

Walking Taco
Beef, salsa, cheese, sour
cream, lettuce

Seasoned Corn

Chicken Nuggets
w/Dip

French Fries

Mac n' Cheese
w/Cheesy Breadstick

Peas & Carrots

Personal Pan
Pizza

Caesar Salad

Assorted Breaded
Chicken
w/Dip

Seasoned Broccoli

Brunch for Lunch
w/Sausage

Hash Rounds

Cook's Choice

Check back for
updated menu

Assorted Pizza

Carrot Coins

Holiday recess

Holiday recess

Holiday recess

Holiday recess

Holiday recess

Holiday recess