

# JUNE 2022

## Onondaga Nation School

equal opportunity employer

### BREAKFAST



All Students eat free regardless of income!!

#### MENU SUBJECT TO CHANGE

-More info available at [lafayetteschools.org](http://lafayetteschools.org) on the Food Service page, click the plate setting icon



**June is National Dairy Month!** Complete your meal with a cup of fat-free or low-fat milk.

You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.

Reference: USDA MyPlate

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



French Toast Sticks  
w/Sausage

1

Rib-a-Cue Sandwich  
Whole Grain Bun

2

Big Daddy's Pizza

3

Hash Rounds  
Cherry Star Juice

Green Beans  
BBQ Beans

Caesar Salad  
Carrot Coins

Mozzarella Sticks  
w/Tomato Sauce

6

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

7

Pizza Crunchers  
w/Tomato Sauce

8

Chicken Patty  
Whole Grain Bun

9

Homemade Pizza

10

Green Beans  
Cali Blend

Caesar Salad  
Sweet Potato Fries

French Fries  
Steamed Broccoli

Garden Salad  
Carrot Coins

Chicken Nuggets,  
Fingers, Patty  
w/Dip

13

Turkey Gravy  
over Mashed Potatoes  
w/Dinner roll

14

Meatball Sub  
w/Tomato Sauce  
Whole Grain Bun  
Tater Tots  
Green Beans

15

Brunch for Lunch  
w/Sausage

16

Assorted Pizza

17

Sweet Potato Fries  
Seasoned Broccoli

Seasoned Corn

Hash Patty  
Cherry Star Juice

Broccoli  
Seasoned Carrots

**Juneteenth**

20

No School

Cook Choice

21

**Half Day**

Cook Choice

22

**Half Day**

Cook Choice

23

**Ratings Day**

No School

24

Have a Fun and  
safe Summer!

27

See you in  
September!!

28

29

30