

# SEPTEMBER 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](http://lafayetteschools.org) on the Food Service page, click the plate setting icon.

-MENU SUBJECT TO CHANGE



**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

Welcome!!

#### Daily

PB&J

Yogurt Meal

### TUESDAY



### WEDNESDAY

### THURSDAY

### FRIDAY

#### Labor Day

5

#### Family Orientation Day

6

Chicken Nuggets w/Dip

7

Sweet Potato Fries  
Steamed Broccoli

French Toast Sticks w/Sausage

8

Hash Rounds  
Cherry Star Juice

Big Daddy's Pizza

9

Caesar Salad  
Carrot Coins

Mozzarella Sticks w/Tomato Sauce

12

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

13

Deluxe Cheeseburger Whole Grain Bun

14

French Fries  
Steamed Broccoli

Chicken & Waffles w/Syrup & Butter Cups  
Sweet Potato Trax  
Seasoned Corn

15

Homemade Pizza

16

Garden Salad  
Carrot Coins

Mini-Corn Dogs w/ Honey Mustard

19

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

20

Chicken Patty Whole Grain Bun

21

French Fries  
Steamed Broccoli

Mac n' Cheese w/Cheesy Breadstick

22

Peas & Carrots  
Celery Sticks w/Dip

Personal Pan Pizza

23

Caesar Salad  
Carrot Coins

Chicken Fingers w/Dip

26

Cheese Quesadilla Salsa & Sour Cream

27

Seasoned Corn  
Black Bean Salsa

Mini-Pancakes w/Sausage

28

Hash Rounds  
Sunset Sip Juice

Deli-Day Ham or Turkey

29

Cuke Salad  
Celery Sticks w/Dip

Big Daddy Pizza

30

Garden Salad  
Carrot Coins