

# SEPTEMBER 2018

ONEIDA ELEMENTARY SCHOOL

## MONDAY

**LABOR DAY 3**  
**NO SCHOOL**

## TUESDAY

**4**  
Breakfast  
Apple or Cherry Frudel  
Lunch  
Fish Nuggets, Mac N' Cheese, Cole Slaw, Hush Puppies, Fruit  
Or  
GRAB N' GO

## WEDNESDAY

**5**  
Breakfast  
Chicken Biscuit  
Lunch  
Soft Taco, Refried Beans, Nachos w/Queso, Tossed Salad, Fruit  
Or  
GRAB N' GO

## THURSDAY

**6**  
Breakfast  
Sausage Biscuit  
Lunch  
Popcorn Chicken Mashed Potatoes, Broccoli & Cheese, Roll, Fruit  
Or  
GRAB N' GO

## FRIDAY

**7**  
Breakfast  
Cheese Sticks w/Salsa  
Lunch  
Spaghetti w/Meat Sauce, Corn, Garden Salad, Bread Stick, Fruit  
Or  
GRAB N' GO

**10**  
Breakfast  
Muffin or Breakfast Pizza  
Lunch  
Corn Dog, Tater Tots, Baked Beans, Fresh Veggies w/Dip, Fruit  
Or  
GRAB N' GO

**11**  
Breakfast  
Apple or Cherry Frudel  
Lunch  
Cheeseburger, lettuce, tomato, baked fries, Mac N' Cheese, Fresh Fruit  
Or  
GRAB N' GO

**12**  
Breakfast  
Chicken Biscuit  
Lunch  
Walking Taco, Lettuce, Tomato, Cheese, Refried Beans, Fruit  
Or  
GRAB N' GO

**13**  
Breakfast  
Sausage Biscuit or Yogurt & Fruit Parfait  
Lunch  
Breakfast for Lunch: Eggs, Sausage, biscuits, Gravy, hash browns, fruit  
Or  
GRAB N' GO

**14**  
Breakfast  
Cheese Stick w/Salsa  
Lunch  
Chicken N' Waffles w/syrup on the side, Waffle fries, Cole Slaw, Funnel Cakes, Fruit  
Or  
GRAB N' GO

**17**  
Breakfast  
Muffin or Breakfast Pizza  
Lunch  
Grilled Chicken Delight w/white queso dip, chips, rice, steamed broccoli  
or  
GRAB N' GO

**18**  
Breakfast  
Apple Frudel or Yogurt & Fruit Parfait  
Lunch  
Cheese Bread Stick w/marinara cup  
Corn, Garden Salad, fruit  
Or  
GRAB N' GO

**19**  
Breakfast  
Manager's Choice  
Lunch  
GRAB N' GO  
**Early Dismissal**

**20**  
Breakfast  
Sausage Biscuit  
Lunch  
Vegetable Soup, Crackers, Grilled Cheese, Cole Slaw, Fruit  
Or  
GRAB N' GO

**21**  
Breakfast  
Cheese Sticks w/Salsa  
Lunch  
Beef Manhattan, (Bread Bowl, Mashed Potatoes, Salisbury Steak N' Gravy)  
Green Beans, Fruit  
Or GRAB N' GO

**24**  
Breakfast  
Muffin or Breakfast Pizza  
Lunch  
Pizza, Corn, Garden Salad, Fruit  
Or  
GRAB N' GO

**25**  
Breakfast  
Apple or Cherry Frudel  
Lunch  
Asian Orange Chicken, Fried Rice, Egg Roll, Garden Salad, Roll, Fortune Cookie, Fruit  
Or  
GRAB N' GO

**26**  
Breakfast  
Chicken Biscuit  
Lunch  
Manager's Choice  
Or  
GRAB N' GO

**27**  
Breakfast  
Sausage Biscuit  
Lunch  
Chicken N' Dumplings, Mashed Potatoes, Green Beans, Home Made Rolls, Fruit  
Or  
GRAB N' GO

**28**  
Breakfast  
Cheese Sticks w/Salsa  
Lunch  
Chicken Nuggets, Mac N' Cheese, Fries, Peas, Fruit  
Or  
GRAB N' GO

Breakfast Items offered daily:  
Cereal, Fruit, & Toast  
Variety of Juice and Milk offered daily  
Variety of Fruits & Veggies offered daily

Oneida Elementary School will offer one meal on the hot line and a Grab N' Go lunch on the other line. The grab n' go will be a full, nutritious and reimburseable meal. The meals will include sandwiches on a gold fish shaped bread (ham 'n cheese, turkey, PB&J, etc.) a vegetable, fruit, and milk.

Menu is subject to change due to availability.

"This institute is an equal opportunity provider."

## DID YOU KNOW...

The name September comes from the Latin septem, meaning seven, since it was the seventh month of the Roman calendar, which began with March. There are 30 days in the month of September, which starts on the same day of the week as December each year but does not end on the same day of the week as any other month in the year.