

SEPTEMBER 2018

ONEIDA MIDDLE/HIGH SCHOOL

MONDAY

LABOR DAY 3
NO SCHOOL

TUESDAY

4
Breakfast
Apple or Cherry Frudel
Lunch
Chicken Tenders, Mashed Potatoes, Green Beans, Roll, Fruit
OR
SMART MOUTH PIZZA

WEDNESDAY

5
Breakfast
Chicken Biscuit
Lunch
Taco Bar
(Taco Meat, Cheese, Lettuce, Tomato, Salsa, Queso Sauce, Chips)
Fruit OR
SMART MOUTH PIZZA

THURSDAY

6
Breakfast
Sausage Biscuit
Lunch
Cheeseburger with Fixings, Fries, Cole Slaw, Fruit
OR
SMART MOUTH PIZZA

FRIDAY

7
Breakfast
Cheese Sticks w/Salsa
Lunch
Chicken Tender Salad (Chicken, Lettuce, Tomato, Cheese), Dressing, Fruit
Or
SMART MOUTH PIZZA

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

10
Breakfast
Muffin or Breakfast Pizza
Lunch
Corn Dog, Baked Beans, Cole Slaw, Fruit
OR
SMART MOUTH PIZZA

11
Breakfast
Apple or Cherry Frudel
Lunch
Bread bowl w/choice of potato or vegetable soup, garden salad, steamed corn, Fresh Fruit
OR
SMART MOUTH PIZZA

12
Breakfast
Chicken Biscuit
Lunch
Full Salad Bar w/Lettuce, tomatoes, cheese, meat, crackers, dressings, Fruit
OR
SMART MOUTH PIZZA

13
Breakfast
Sausage Biscuit or Yogurt & Fruit Parfait
Lunch
Breakfast for Lunch: Eggs, Sausage, biscuits, Gravy, hash browns, fruit
OR
SMART MOUTH PIZZA

14
Breakfast
Cheese Stick w/Salsa
Lunch
Chicken N' Waffles w/syrup on the side, Waffle fries, Cole Slaw, Funnel Cakes, Fruit
OR
SMART MOUTH PIZZA

17
Breakfast
Muffin or Breakfast Pizza
Lunch
Grilled Chicken Delight w/white queso dip, chips, rice, steamed broccoli, Fruit
OR
SMART MOUTH PIZZA

18
Breakfast
Apple Frudel or Yogurt & Fruit Parfait
Lunch
Cheese Bread Stick w/marinara cup, Corn, Garden Salad, fruit
Or
SMART MOUTH PIZZA

19
Breakfast
Manager's Choice
Lunch
Manager's Choice

Early Dismissal

20
Breakfast
Sausage Biscuit
Lunch
CHICKEN CAESAR SALAD (Romaine Lettuce, Boiled Egg, Grilled Chicken, Grape Tomatoes, Cheese, Croutons, Bread Stick, OR
SMART MOUTH PIZZA

21
Breakfast
Cheese Sticks w/Salsa
Lunch
Beef Manhattan (Bread Bowl, Mashed Potatoes, Salisbury Steak N' Gravy), Green Beans, Fruit OR
SMART MOUTH PIZZA

24
Breakfast
Muffin or Breakfast Pizza
Lunch
Soft Pretzel w/Cheese Roasted Herb Potatoes, Steamed Broccoli, Fruit
OR
SMART MOUTH PIZZA

25
Breakfast
Apple or Cherry Frudel
Lunch
Asian Orange Chicken, Fried Rice, Egg Roll, Garden Salad, Roll, Fortune Cookie, Fruit
OR
SMART MOUTH PIZZA

26
Breakfast
Chicken Biscuit
Lunch
Full Salad Bar w/Lettuce, tomatoes, cheese, meat, crackers, dressings, Fruit
OR
SMART MOUTH PIZZA

27
Breakfast
Sausage Biscuit
Lunch
Chicken N' Dumplings Mashed Potatoes, Green Beans, Home Made Rolls, Fruit
OR
SMART MOUTH PIZZA

28
Breakfast
Cheese Sticks w/Salsa
Lunch
Chicken Nuggets, Mac N' Cheese, Fries, Peas, Fruit
Or
SMART MOUTH PIZZA

Oneida Middle/High 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 SMART MOUTH PIZZA. This 7" pizza with a fruit or vegetable is a reimburseable meal and is available to ALL Middle and High School Students.

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.