



Lunch Price- \$2.50 Menu is Subject to Change

SEPTEMBER 2019

Poland CSD

Available Daily:

Fresh Entrée Salads, Party Plates, Peanut Butter & Jelly Sandwich, Assorted Fresh Fruit, Veggie Cruncher Cups, Variety of Chilled Fruit & Juice, Ice Cold New York State Milk

For more information email hmielnicki@oneida-boces.org

Monday	Tuesday	Wednesday	Thursday	Friday
 2 	Harvest of the Month 3 Green Beans <i>Green Beans can be eaten raw or cooked. They are a great source of Vitamin C, Vitamin K and fiber.</i>	4	5 Crispy Chicken Nuggets Terrific Tuna Sandwich Buttered Rotini Lean Mean Green Beans	6 Cheesy Cheese Pizza Pepperoni Pizza Crisp Garden Salad
9 Protein Packed Chicken Patty Terrific Tuna Sandwich Tiny Broccoli Trees	10 Macho Nachos w/ Queso Deli Turkey Sandwich Local Corn on the Cob	11 Bacon Cheeseburger Ham & Cheese Sandwich Green Bean Salad NY Butternut Sunshine Bars	12 Homemade Meatball Sub Deli Turkey Sandwich Carrot Coins	13 Cheesy Cheese Pizza Spicy Buffalo Wing Pizza Garden Fresh Green Salad Yummy 'Nilla Whip!
16 Mozzarella Stix w/ Dipping Sauce Terrific Tuna Sandwich Tiny Broccoli Trees	17 Chicken Tacos Deli Turkey Sandwich Harvest Corn Bread Lettuce, Cheese, Tomato Cup	18 Whole Grain French Toast Stix Ham & Cheese Sandwich Breakfast Sausage Hash Brown Patty	19 All Local Beef Hot Dog Deli Turkey Sandwich Fresh Watermelon Corn on the Cob	20 Cheesy Cheese Pizza Garlic Pizza Crispy Garlic Green Beans Ooooooh Oreo Whip!
23 Crispy Chicken Nuggets Terrific Tuna Sandwich Buttered Rotini X-Ray Vision Carrots	24 Mexican Tacos Deli Turkey Sandwich Lettuce, Cheese, Tomato Cup Mexican Street Corn	25 Dip-N-Sip Steamy Tomato Soup Ham & Cheese Sandwich Roasted Cauliflower with Turmeric	26 Roast Turkey With a Dinner Roll Bologna & Cheese Sandwich NY Butternut Sunshine Bars Whipped Potatoes Veggie Choice!	Half Day! 27 Cheesy Cheese Pizza Chicken Pesto Pizza Crisp Garden Salad Local Very Berry Yogurt
30 Tasty Chicken Tenders Deli Turkey Sandwich Tomato Pie X-Ray Vision Carrots	 <p>This month's local products: sweet potatoes, meatballs, corn, butternut squash, watermelon, milk, yogurt, green beans, cauliflower, kale, apples, pears.</p> 			