

September 2019

OCTORARA OIS, JRHS(GRADES 5-8)

LUNCH



School Information: MENU SUBJECT TO CHANGE. 9/2 NO SCHOOL
9/20 ½ DAY NO LUNCHES SERVED
9/25 WORLD SCHOOL MILK DAY



Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

NO SCHOOL

2

HAPPY LABOR DAY!

Tuesday

CHICKEN NUGGETS W/
DINNER ROLL OR PB&J
PEAS, CHOICE OF CONDIMENTS
MANDARIN ORANGES
MILK SELECTION

3

Wednesday

TACO'S W/SCOOPS
OR DELI SANDWICH OR PB&J
BAKED BEANS, LETTUCE & TOMTATO
CHOICE OF CONDIMENTS
FRUIT SELECTION
MILK SELECTION

4

Thursday

ASIAN CHICKEN W/RICE
OR DELI SANDWICH OR PB&J
OR SALAD, OR HUMMUS LUNCH
FRESH VEGGIES, CHOICE OF
CONDIMENTS, MIXED FRUIT
MILK SELECTION

5

Friday

MICKEY'S PIZZA OR DELI
SANDWICH OR PB&J OR
SALAD OR HUMMUS LUNCH
BROCCOLI W/CHEESE, CHOICE OF
CONDIMENTS, APPLES SLICES
MILK SELECTION

6

CHEESEBURGERS OR
DELI SANDWICH OR PB&J OR
SALAD OR HUMMUS LUNCH
CORN, CHOICE OF CONDIMENTS
DICED PEARS
MILK SELECTION

9

BRAVES BOWL(POPCORN CHICKEN,
POTATOES & CORN) W/DINNER ROLL
OR DELI SANDWICH OR PB&J OR SALAD
OR HUMMUS LUNCH
CHOICE OF CONDIMENTS
BLUEBERRIES
MILK SELECTION

\$4.00 MEAL
SUBWAY SANDWICH
OR DELI SANDWICH OR PB&J OR
SALAD OR HUMMUS LUNCH
VEGGIE TOPPINGS, CHOICE OF
CONDIMENTS , STRAWBERRIES, MILK

11

BREAKFAST 4 LUNCH
FRENCH TOAST STICKS
W/SYRUP & SAUSAGE OR DELI
SANDWICH OR PB&J OR SALAD OR
HUMMUS LUNCH
POTATOES, CHOICE OF CONDIEMENTS,
ORANGES, MILK

12

MICKEY'S PIZZA OR DELI
SANDWICH OR PB&J OR
SALAD OR HUMMUS LUNCH
MIXED VEGGIES, CHOICE OF
CONDIMENTS, APPLE SLICES
MILK SELECTION

13

CORNDOGS OR DELI
SANDWICH OR PB&J OR
SALAD OR HUMMUS LUNCH
BAKED BEANS
CHOICE OF CONDIMENTS
MANDARIN ORANGES, MILK

16

CHICKEN PIZZAIOLA
SANDWICH OR DELI
SANDWICH OR PB&J OR SALAD
OR HUMMUS LUNCH, GREEN
BEANS, CHOICE OF CONDIMENTS
APPLESAUCE, MILK SELECTION

17

SOFT SHELLED TACOS OR DELI
SANDWICH OR PB&J OR SALAD
OR HUMMUS LUNCH
SEASONED CHIC PEAS
CHOICE OF CONDIMENTS
MIXED FRUIT
MILK SELECTION

18

POPCORN SHRIMP W/DINNER
ROLL OR DELI SANDWICH OR
PB&J OR SALAD OR HUMMUS LUNCH
STEAMED CARROTS
CHOICE OF CONDIMENTS
PINEAPPLE TIDBITS
MILK SELECTION

19

½ DAY

NO LUNCH

20

BBQ BEEF RIB PATTY
SANDWICH OR DELI
SANDWICH OR PB&J OR SALAD OR
HUMMUS LUNCH
CORN, CHOICE OF CONDIMENTS
DICED PEARS
MILK SELECTION

23

CHEESE STEAK OR DELI
SANDWICH OR PB&J OR SALAD
OR HUMMUS LUNCH
PEAS
CHOICE OF CONDIMENTS
PEACHES
MILK SELECTION

24

MEATBALL SANDWICH OR DELI
SANDWICH OR PB&J OR SALAD
OR HUMMUS LUNCH
GREEN BEANS
CHOICE OF CONDIMENTS
MIXED FRUIT
MILK SELECTION

25

SAUSAGE & CHEESE SLIDERS
OR DELI SANDWICH OR PB&J
OR SALAD OR HUMMUS LUNCH
BABY CARROTS
CHOICE OF CONDIMENTS
GRAPES
MILK SELECTION

26

MICKEY'S PIZZA OR DELI
SANDWICH OR PB&J OR SALAD
OR HUMMUS LUNCH
FRESH BROCCOLI
CHOICE OF CONDIMENTS
MILK SELECTION

27

MAC & CHEESE OR DELI
SANDWICH OR PB&J OR
SALAD OR HUMMUS LUNCH
CHOICE OF CONDIMENTS
STEWED TOMATOES, BAKED BEANS
MANDARIN ORANGES, MILK

30

