

LUNCH

Lunch Price- \$2.50

Menu is Subject to Change

JANUARY 2019

Sauquoit High School

For more information email kdorr@oneida-boces.org

Available Daily:

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

Monday

Tuesday

Wednesday

Thursday

Friday

2019

Harvest of the Month
Winter Squash

All Local Beef Hot Dog
WG Goldfish Crackers
X-Ray Vision Carrots

Cheesy Cheese Pizza
Pepperoni Pizza
Crisp Garden Salad
Ooooooh! Oreo Whip!!!

Mozzarella Stix w/
Dipping Sauce
Tiny Broccoli Trees

Mega Chicken Bites
X-Ray Vision Carrots
Steamy Rice

Bacon Cheeseburger
Mini Potatoes
NY Sunshine Bars

Protein Packed
Chicken Patty
Tiny Broccoli Trees

Cheesy Cheese Pizza
Garlic Pizza
Fresh Garden Salad
Local Very Berry Yogurt

Crispy Chicken Nuggets
Buttered Rotini
Lean Mean Green Beans

Mexican Tacos
Lettuce, Cheese,
Tomato Cup
Whole Kernel Corn

Southern Breaded
Chicken Drumstick
Steamy Rice
X-Ray Vision Carrots

Roast Turkey Gravy
Fresh Dinner Roll
Whipped Potatoes
Veggie Choice!

Cheesy Cheese Pizza
Spicy Buffalo Wing Pizza
Garden Fresh Green Salad
Yummy 'Nilla Whip!!!

"Injustice anywhere is a threat to justice everywhere."
-Martin Luther King Jr.

Chef's Choice

Chef's Choice

Chef's Choice

Chef's Choice

Protein Packed
Chicken Patty
Tiny Broccoli Trees

Macho Nachos!!!
Whole Kernel Corn

Mozzarella Stix w/
Dipping Sauce
Lean Mean Green Beans

Dip-N-Sip
(Grilled Cheese & Soup)
"Squash It" Soup
Lean Mean Green Beans



Harvest of the Month – **Winter Squash**
Pumpkin, butternut, acorn, and spaghetti are common varieties of winter squash

Look for the MVFTS Logo for **LOCALLY** grown and raised items

