### LUNCH MENU

**LUNCH PRICE IS $2.50 • MENU IS SUBJECT TO CHANGE • For more information email hmielnicki@oneida-boces.org**

### MARCH 2020 • Sauquoit Valley High School

#### MONDAY
- **02**
  - Chicken Nuggets
  - Tiny Broccoli Trees
  - Steamy Rice

#### TUESDAY
- **03**
  - Mexican Tacos
  - Lettuce, Cheese, Tomato Cup
  - Corn Kernels

#### WEDNESDAY
- **04**
  - BBQ Pulled Pork
  - Mini Salt Potatoes
  - NY Sunshine Bars

#### THURSDAY
- **05**
  - Whole Grain French Toast Sticks
  - Breakfast Sausage
  - Hash Brown Patty

#### FRIDAY
- **06**
  - Cheesy Cheese Pizza
  - Pepperoni Pizza
  - Fresh Garden Salad
  - Local Very Berry Yogurt

#### LOCAL ITEMS THIS MONTH:
- Milk, Cheddar Cheese, Yogurt, Butternut Squash, Sweet Potatoes, Mini Potatoes, Apples, Cabbage, Carrots, Pork, Meatballs, Maple Syrup, Salad Greens, Kale, Hot Dogs. Items are bolded on menu.

#### HARVEST OF THE MONTH: Carrots & Maple Syrup
- Carrots are packed with Vitamin A, which is great for eye health! They are also packed with fiber and antioxidants. Maple Syrup is an all-natural sweetener, high in calcium, thiamin, potassium and copper!

#### FOODSERVICE HELPER SUBSTITUTES NEEDED
- in all districts, call 315-738-0848 for more information!

#### PLEASE USE MY SCHOOL BUCKS TO PUT MONEY ON YOUR CHILD’S ACCOUNT, OR SEND IN CHECKS TO THE SCHOOL. PLEASE DO NOT SEND CASH.