



Lunch Price- \$2.50 Menu is Subject to Change

SEPTEMBER 2019

Herkimer Elementary School

Available Daily:
Fresh Entrée Salads, Party Plates, Peanut Butter and 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
 <p>2</p>	<p>3</p> <p>Harvest of the Month Green Beans Green Beans can be eaten raw or cooked. They are a great source of Vitamin C, Vitamin K and fiber.</p>	<p>4</p>	<p>5</p> <p>Crispy Chicken Nuggets Terrific Tuna Sandwich Buttered Rotini Lean Mean Green Beans</p>	<p>6</p> <p>Cheesy Cheese Pizza Pepperoni Pizza Crisp Garden Salad</p>
<p>9</p> <p>Protein Packed Chicken Patty Terrific Tuna Sandwich Tiny Broccoli Trees</p>	<p>10</p> <p>Macho Nachos w/ Queso Deli Turkey Sandwich Local Corn on the Cob</p>	<p>11</p> <p>Bacon Cheeseburger Ham & Cheese Sandwich Green Bean Salad NY Butternut Sunshine Bars</p>	<p>12</p> <p>Homemade Meatball Sub Deli Turkey Sandwich Carrot Coins</p>	<p>13</p> <p>Cheesy Cheese Pizza Spicy Buffalo Wing Pizza Garden Fresh Green Salad Yummy 'Nilla Whip!</p>
<p>16</p> <p>Mozzarella Stix w/ Dipping Sauce Terrific Tuna Sandwich Tiny Broccoli Trees</p>	<p>17</p> <p>Chicken Tacos Deli Turkey Sandwich Harvest Corn Bread Lettuce, Cheese, Tomato Cup</p>	<p>18</p> <p>Whole Grain French Toast Stix Ham & Cheese Sandwich Breakfast Sausage Hash Brown Patty</p>	<p>19</p> <p>All Local Beef Hot Dog Deli Turkey Sandwich Fresh Watermelon Corn on the Cob</p>	<p>20</p> <p>Cheesy Cheese Pizza Garlic Pizza Crispy Garlic Green Beans Ooooooh Oreo Whip!</p>
<p>23</p> <p>Crispy Chicken Nuggets Terrific Tuna Sandwich Buttered Rotini X-Ray Vision Carrots</p>	<p>24</p> <p>Mexican Tacos Deli Turkey Sandwich Lettuce, Cheese, Tomato Cup Mexican Street Corn</p>	<p>25</p> <p>Dip-N-Sip Steamy Tomato Soup Ham & Cheese Sandwich Roasted Cauliflower with Turmeric</p>	<p>26</p> <p>Roast Turkey With a Dinner Roll Bologna & Cheese Sandwich NY Butternut Sunshine Bars Whipped Potatoes Veggie Choice!</p>	<p>27</p> <p>Cheesy Cheese Pizza Chicken Pesto Pizza Crisp Garden Salad Local Very Berry Yogurt</p>
<p>30</p> <p>Tasty Chicken Tenders Deli Turkey Sandwich Tomato Pie X-Ray Vision Carrots</p>	<div data-bbox="504 1218 1428 1412" style="border: 1px solid black; padding: 10px;">  <p>This month's local products: sweet potatoes, meatballs, corn, butternut squash, watermelon, milk, yogurt, green beans, cauliflower, kale, apples, pears.</p> </div>			

