



LUNCH

Lunch Price- \$2.50 Menu is Subject to Change

SEPTEMBER 2019

Herkimer High School

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

For more information email hmielnicki@oneida-boces.org

Monday

Tuesday

Wednesday

Thursday

Friday

Harvest of the Month ²

Harvest of the Month ³
Green Beans
Green Beans can be eaten raw or cooked. They are a great source of Vitamin C, Vitamin K and fiber.

⁴

⁵
 Crispy Chicken Nuggets
 Buttered Rotini
 Lean Mean Green Beans

⁶
 Cheesy Cheese Pizza
 Pepperoni Pizza
 Crisp Garden Salad

⁹
 Protein Packed
 Chicken Patty
 Tiny Broccoli Trees

¹⁰
 Macho Nachos
 w/ Queso
 Local Corn on the Cob

¹¹
 Bacon Cheeseburger
Green Bean Salad
 NY Butternut Sunshine Bars

¹²
 Homemade Meatball
 Sub
 Carrot Coins

¹³
 Cheesy Cheese Pizza
 Spicy Buffalo Wing Pizza
 Garden Fresh Green Salad
 Yummy 'Nilla Whip!

¹⁶
 Mozzarella Stix
 w/ Dipping Sauce
 Tiny Broccoli Trees

¹⁷
 Chicken Tacos
 Harvest Corn Bread
 Lettuce, Cheese, Tomato Cup

¹⁸
 Whole Grain French
 Toast Stix
 Breakfast Sausage
 Hash Brown Patty

¹⁹
 All Local Beef Hot Dog
 Fresh Watermelon
 Corn on the Cob

²⁰
 Cheesy Cheese Pizza
 Garlic Pizza
Crispy Garlic Green Beans
 Ooooooh Oreo Whip!

²³
 Crispy Chicken Nuggets
 Buttered Rotini
 X-Ray Vision Carrots

²⁴
 Mexican Tacos
 Lettuce, Cheese, Tomato Cup
 Mexican Street Corn

²⁵
 Dip-N-Sip
 Steamy Tomato Soup
 Roasted Cauliflower with Turmeric

²⁶
 Roast Turkey
 With a Dinner Roll
 NY Butternut Sunshine Bars
 Whipped Potatoes
 Veggie Choice!

²⁷
 Cheesy Cheese Pizza
 Chicken Pesto Pizza
 Crisp Garden Salad
 Local Very Berry Yogurt

³⁰
 Tasty Chicken Tenders
 X-Ray Vision Carrots
 Tomato Pie

This month's local products: sweet potatoes, meatballs, corn, butternut squash, watermelon, milk, yogurt, green beans, cauliflower, kale, apples, pears.

